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Advertiser News

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July 13, 2000



BERNIE WALSH OF FEEDING HILLS paid a visit to Agawam Town Hall with his family as he passed through town en route to Rhode Island, the last leg of his cross-country adventure to benefit the American Diabetes Association. Bernie and his family, including his wife, Mary, and children Andrea and Ryan, were greeted by Mayor Richard A. Cohen. Advertiser News photo by Kathy Shepard.

Post Office, Looney Tunes, & Six Flags...



HOLDING ENLARGEMENTS OF NEW LOONEY TUNES SERIES STAMPS which were presented to Six Flags New England following a "Chevy Venture Looney Tunes Rockin' Road Show" at the park's Movie Town were, from left - Laurie Nivison of Six Flags; Karen Seibert, postal worker; Mark DeForge, Agawam Postmaster; and Lisa Twarog of Six Flags. (Related photo on Page 8.) Advertiser News photo by Kathy Shepard.

Local Man Crosses Country On Bicycle

by Kathy Shepard
Feature Editor

Lifelong cyclist Bernie Walsh of Agawam recently realized a lifelong goal to ride cross-country on a bicycle. His journey, known as "Bernie's Ride," has raised several thousand dollars for the fight against diabetes, and the money is still coming in.

According to Stephanie McNair, district manager of the American Diabetes Association, Walsh's ride was unique in that no other cyclists accompanied him. There was not even a support vehicle. Walsh ventured from California to Rhode Island "solo."

"I feel strong," he told us when he passed through town on the last leg of his journey (to Rhode Island). Walsh is one of 13 children, and one brother and one sister have Type I diabetes, the kind requiring daily injections. "I've seen, first-hand, the devastating effects of diabetes. I hope that dollars raised from my ride will benefit my sister and brother, as well as others in their fight. I also hope that by fulfilling my dream, I can inspire other to try and live theirs."

Walsh experienced the wonder of riding a bicycle when he was just four. By age 12, he had become proficient at fixing the bikes of his brothers and sisters, uncovering a mechanical aptitude. For his
SEE CYCLIST - Page 2

Gas Station/Convenience Store On Main St....

Council Pres. Vows Neighborhood Relief From 24-Hr. Service

by Kathy Cassanelli
News Editor

It was standing-room-only at the Planning Board meeting last Thursday night, July 6th, as neighbors of the BP Gas Station on Main Street, Agawam Center, turned out to express their concerns during the review of the site plan for the expanded gas station and convenience store proposed by F.L. Roberts & Co.

Although open to the public, the meeting was not a public hearing for neighbors to comment on the proposed project. But, requests from four town councilors and dozens of neighbors for the opportunity to speak led the Planning Board members to suspend their rules and allow brief comments and questions from the floor.

Town Council President Robert Magovern guaranteed council action to alleviate any negative impacts that might be caused by the company's plan to operate the facility 24 hours a day. Magovern said the hours of operation would be limited by an ordinance if the gas station affected the quality of life in the neighborhood.

"I guarantee an ordinance to limit the 24-hour service would pass the City Council," Magovern said.
SEE BP GAS STATION - Page 5

CYCLIST - from Page 1

eighth-grade graduation, his father bought him a 10-speed bike which he used on six-mile jaunts to visit friends.

Although his dream to ride cross-country was conceived in childhood, it was not until 1999 that Walsh began to make serious plans for the trip, although he had been saving his vacations for some time. He worked out for over a year, rode with fellow employees at his workplace, ABB Alstom Power (formerly Combustion Engineering), and charted a route.

Walsh also searched the Internet for the American Diabetes Association, going through its "Tour de Cure" site. They sent him a form to fill out and he called the district manager, Stephanie McNair, who gave him all the particulars.

"We had dinner, Stephanie organized the publicity, and my wife, Mary, and I provided names of friends and relatives who could be asked for donations. I wrote a biography, and Stephanie 'married it' into the press release," Walsh told us.

Walsh's "Expedition"...

On April 30, 2000, a new Schwinn Super Sport was purchased for the trip. Taking a flight to San Diego on May 27th, Walsh's expedition took him over a more manageable section of the Rockies to Julianne, then over a 4,500-foot elevation, through the Anzo Berrego Desert, around the southern tip of the Salton Sea. The Rockies, at their highest, are 9,200 feet, contrasted with Mt. Washington at 5,700 feet.

When asked what impressed him most, Walsh told us, "Parts of the country are very oppressed and some are very nice. We've got it pretty good in Western New England. It is a beautiful part of the country, and our infrastructure offers air transport, plenty of roads, good schools, hospital access, and lots of culture and nature."

When asked which place or day was prettiest, Walsh looked at his wife and said, "Probably today." Other than home and family, he found the ride from Globe to Showlow, Arkansas, most breathtaking.

"In-between is the Salt River Canyon, with rock formations and steep inclines. Riding through switchbacks (similar to hairpin turns), a rider sees reddish or darker rust color, with the Salt River below."

The most frightening experience was a hailstorm with lightning, rain, and wind in Datil, New Mexico. "There were only the road and cattle fields. I had just changed three flat tires within a 15-minute period (plenty of practice fixing bikes since his childhood!). The skies just opened right up, and there was no shelter anywhere."

Walsh slept mostly in motels, but camped four of the 32 nights. He called home daily and found kindness in almost everyone he met. "There were peaceful Indians, most people were very nice, and no one harmed me in any way," he recalled.

Another Memorable Event...

Another memorable event took place in Dalhart, Texas, where he stopped at a hospital and mistakenly left his insurance card behind. "I got about 20 miles outside of town and remembered the card. Just at that moment, I saw a sheriff's car pulling up in front of me. The sheriff stopped, rolled down his window, and asked with a big smile, 'Might you be Mr. Walsh?' After giving me my insurance card, he said, 'You have aer Mary Christensen, in North Dakota. When Walsh had an assignment in Bismark, North Carolina, she worked there, too. They kept in touch afterward and married in 1983. The couple moved to Feeding Hills in 1988, with Walsh taking a home office job as technical services coordinator and assisting other field engineers troubleshoot power boiler problems. Their son, Ryan, was born in December 1986, prior to this move. Daughter Andrea was born after the move, in October 1989.

His interest was piqued when Dave Demers of Granby, MA, a PanMass Challenge participant, met him in Pittsfield and accompanied him home. Although Walsh had no plans at this time to ride cross-country again, he rode 54 miles around the Quabbin Reservoir on July 8th to prepare for the PanMass Challenge.



HE CAN RELAX, for the moment. Bernie Walsh relaxes at home with his family following a cross-country bike ride to benefit the American Diabetes Assoc. It won't be long before Bernie is off on a regional bike ride. Members of Bernie's family are his wife, Mary, and children Andrea and Ryan. Advertiser News photo by Kathy Shepard.

Anyone wishing to help support Walsh's efforts to raise money for the American Diabetes Association can mail contributions to The American Diabetes Association, c/o "Bernie's Ride," 300 Research Parkway, Meriden, CT 06450.

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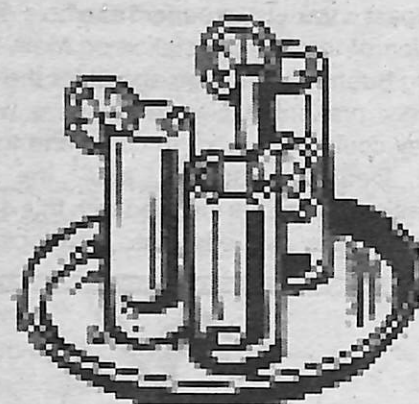
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Beringer Founder's Estates (1.5 Ltr.) <i>Chardonnay, Cabernet, Merlot</i> \$14.99	Carlo Rossi (4 Ltr. Glass) <i>Chablis, Rhine Burgundy, Blush, Vin Rome, Raisano, Sangria, White Grenache</i> \$6.99	Franzia (5 Ltr. Box) <i>Chablis, Rhine, Burgundy, Blush, Chianti</i> \$7.49 <i>Chardonnay, White Zinfandel, Cabernet, Merlot</i> \$10.99	Jacob's Creek (750 ml.) <i>Chardonnay, Shiraz Cabernet, Semilla/Chardonnay</i> \$5.99 <i>Cabernet, Merlot, Shiraz</i> \$6.99

JULY LIQUOR SPECIALS

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Kahlua Liters (1.75 Ltr.) \$18.99	Kennedy Canadian (1.75 Ltr.) \$10.99	Jack Daniels Cocktails (1.75 Ltr.) <i>Lynchburg Lemonade, Down Home Punch, Wild Blackberry Jack</i> \$9.99		Crown Royal (750 ml.) \$16.99

JULY BEER SPECIALS

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A Word From The Council President...

by Robert Magovern
Agawam Town
Council President



Business Development Versus Citizens' Rights

I want to thank *The Agawam Advertiser News* for the privilege of addressing you about matters that I feel are important to the Town of Agawam. An issue I would like to mention is our zoning law for the Town. Over the years, I have felt that we all make a lot of noise after the horse has run out of the barn, and we spend a lot of time trying to lock the door when it is too late.

This past week was a perfect example of it, with the expansion of the BP gas station on Main Street. The Planning Board gave the go-ahead for the expansion. Under our present zoning laws, there was nothing else they could do. I want to commend the Planning Board, Debbie Dachos, and the Historical Commission. Everyone involved with this decision has put a lot of time and effort into developing the best

plan that could be worked. Because of their efforts, the citizens of Agawam will have as good a facility as possible.

F.L. Roberts also tried to respond to the desires of the neighborhood, with as little impact as possible. The physical plan has been changed several times to alleviate neighborhood concerns. However, there still remains to be worked out hours of operation.

The issue here is that there was very little that could be done to stop us from losing another home and the impact that will have on that area of Main Street. I am not anti-business development for our town. We need more development to help defray the tax base so that we can have the best for our town. But business development should be looked at with an idea of how will it affect the character of our town. Our Planning Board should be able to impose whatever measures are necessary to maintain that character.

Within a short period of time, hopefully our Main Street center will be finalized as an historic district. This will help us preserve what we have. The problem is that if we have business come to us with plans that fit the existing zoning laws, then there will not be much left to preserve. We have many areas in town that we should be looking at for preservation, not just the center. North Agawam is unique from almost any area of

town and should be studied for future historical listings.

We are in the process of redoing our zoning rules and regulations. The ad hoc committee working on this project should be finished this year. One of the areas I would like to see studied is any commercial property such as the one just purchased by F.L. Roberts and torn down. If it comprises an undeveloped lot in a residential area, then we should consider a zone change back to residential. It comes as a shock to someone who has lived across the street from a private home only to find out that the house is going to be torn down and a fast-food restaurant be built in its place.

We can not blame the Planning Board when this happens because, as in the case of the BP station, they had the legal right to do it. When someone has owned and paid taxes on their property and it was paid on the basis of a commercial value, some type of compensation will have to be given. This can be done with a future tax abatement of some type.

I do not have all the answers, but I am putting this idea forward to see if any other citizens of Agawam are as concerned as I am about losing what we have. As I said, I am not anti-Agawam development, but we have to be very careful not to impinge on our fellow citizens' rights to enjoy their property.



Letters To The Editor

It Is Time To Change Agawam's Zoning Laws

To The Editor:

I would like to thank the Agawam City Council for discussing and expressing its concern regarding the needless expansion of the F.L. Roberts gas station at Agawam Center during its last meeting.

I would be remiss if I did not express special thank you's to Council President Robert Magovern and Councilors Anthony Bonavita, Joseph Mineo, Richard Morassi, and Robert Rossi for demonstrating their interest in making Agawam a better place in which to live by attending the Planning Board meeting at which the site plan for this neighborhood intrusion was unanimously approved.

Regretfully, we, the concerned neighbors, were not privileged to hear any discussion by the Planning Board for there was none. Much to our frustration, the phrase "there's nothing we can do" was a repeated refrain. Having no intent to be sarcastic or disrespectful, a reasonable person might easily conclude, "It takes five to do 'nothing'."

I do believe there is something that can be done. Perhaps we cannot undo this most recent decision that will leave an everlasting blight on the city, but it is very possible to avoid a repetition of this latest denigration of the quality of life in Agawam. Although the task may be enormously time-consuming, exhausting, and (yes) frustrating, it is time for the zoning laws of Agawam to be amended, updated, rewritten, or whatever it takes to ensure that Agawam DOES remain a wonderful place to live, work, and play.

Sincerely,
William J. Miller
Agawam

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays.

*Thank you for your cooperation in this matter ...
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Veterans' Corner...

Republic Of Korea War Service Medal

by Ed Kellogg, Veterans' Agent - 786-0400, Ext. 236/237

U.S. veterans of the Korean War are eligible to wear a medal initially offered to them more than 50 years ago, but never issued. Republic of Korea Defense Minister Seong Tae Cho formally announced that his government would provide the Republic of Korea War Service Medal to eligible U.S. veterans of that conflict, or to their next of kin. The medal will be provided at no cost to veterans. The Air Force has been designated the lead agency to receive and distribute the medals.

"On the occasion of the 50th anniversary of the Korean War," Cho wrote, "the ROK government decided to issue the medal to pay tribute to the Korean War veterans for their historic endeavors to preserve freedom of the ROK and the free world. The two governments will conduct 50th anniversary ceremonies throughout 2000-2003, and medals may be applied for at any time during this period. The war began on June 25, 1950 when North Korean forces invaded ROK territory. The armistice on July 27, 1953 ended the fighting, although a formal peace treaty has never been completed."

To wear this medal on U.S. military uniforms, U.S. military personnel must have:

- * Served between the outbreak of hostilities (June 25, 1950) and the date the armistice was signed (July 27, 1953);
- * Been on permanent assignment or on temporary duty for 30 consecutive days or 60 non-consecutive days; and...
- * Performed their duty within the territorial limits of

Korea, in the waters immediately adjacent thereto or in support of combat operations.

The ROK specifies the eligibility period and criteria. Only the ROK-provided medal is approved by the U.S. government to meet the U.S. criteria for wear on the military uniform.

To apply, veterans must provide a copy of their discharge papers, commonly known as a "DD-214" (or a corrected version of that document, a "DD-215"). National Guard members must provide their statement of service equivalent, "NGB Form 22."

Additional information on how to apply for or request the medal can be found by contacting the Air Force Personnel Center, Monday through Friday, 7:30 a.m. to 4:30 p.m. (CST) at 1-800-558-1404, or the Awards and Decorations Section, (210) 565-2432/2520/2516, fax (210) 565-3118, or by writing to HQ AFPC/DPPRA, 550 C Street West, Suit 12, Randolph Air Force Base, Texas 78150-4714.

General information on Korean War commemorations can be found by contacting the DOD 50th Anniversary of the Korean War Commemoration Committee, 1213 Jefferson Davis Highway, Crystal Gateway 4, Arlington, VA 22202, by calling (703) 604-0831, or by visiting its web site: <http://korea50.army.mil>

If you have any questions, please don't hesitate to give me a call at the Veterans' Service Office, (413) 786-0400, ext. 236/237.



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BP GAS STATION - from Page 1

F.L. Roberts CEO Steve Roberts told the Planning Board that he hopes to increase his business by 50 percent by expanding the current operation to include four gasoline dispensers and a red brick, colonial-style convenience store.

"Our attempt when we're spending this kind of money is to stay open as long as we can, but if there are no customers (in the middle of the night), we won't stay open," Roberts said. "Ultimately, I don't think this will be a 24-hour operation, but we would like to attempt to be."

According to F.L. Roberts' land development manager, Jeff Pechulis, the expansion plan will be an improvement over the current set-up; will improve safety by discouraging customers from exiting onto Leland Avenue; and will not add to the traffic on Main Street.

"This is a pass-by use," Pechulis said. "Typically, there will be right turns in and out onto Main Street. Left turns during critical times are very unlikely."

But, most neighbors remained unconvinced that expanding the gas station will improve the traffic problems along Main Street, especially on the weekends when traffic to Six Flags backs up, making it nearly impossible for residents to access their driveways and the side streets. In addition to their fears about adding to the traffic problems, residents said their neighborhood does not need another convenience store.

Town Councilor Anthony Bonavita believes there should have been accident and public safety studies done in view of the existing traffic problems on Main

Street. "I'm not saying they could have mandated it, but I think this is a situation where the Planning Board could have requested a traffic study and accident reports," Bonavita said.

Councilor Robert Rossi asked about the amount of increase in business expected at the site, and Councilor Joseph Mineo is convinced that an increase in the number of people going in and out of the site will mean more accidents and more traffic problems on an already busy street.

Mineo does not favor putting another convenience store in an area that already has three convenience stores and the Agawam Public Market. "This is a case of the big fish eating the little fish," Mineo said. "We should be protecting the existing businesses."

Resident Sums Up Most Of Neighbors' Feelings.

Deborah Vigneault, who lives on Stewart Lane, summed up the feelings of most of her neighbors at the Planning Board meeting. "I don't want the store there. Period. End of story. We have three already; why do we need another convenience store?" Mrs. Vigneault asked. "I'm not opposed to business, but this seems like overkill."

Neighbors insist the expansion plan will only add to the traffic problems, and that the customers of the gas station will not be able to get back onto Main Street, resulting in a further back-up of traffic at the site. Also, neighbors are concerned for the safety of children waiting for school buses.

Planning Director Deborah S. Dachos said the traf-

fic problems on Main Street are caused by patrons traveling to Six Flags, and that residents should be expressing their concerns to the state and local officials who have jurisdiction, rather than the Planning Board.

"Call your city councilors. Call the Mayor," Ms. Dachos said. "The problem is with Six Flags and we're looking for support on this."

Planning Board member Edward Shibley said he appreciated the efforts Roberts has made to improve the site, noting Roberts' good faith in eliminating a planned exit onto Parker Street, his offer of help in making improvements to the bus stops on Parker Street and Leland Avenue, and his willingness to work closely with the Historical Commission on the visual appearance of the site.

"This is a huge improvement over what we have now," Shibley said.

Planning Board Chairman Dennis Hopkins also praised Roberts for working with the town in designing the project. "Mr. Roberts met with the Historical Commission before coming to the Planning Board. That's why we will have a colonial-looking building," Hopkins said. "And he continues to work with us tonight."

After the board approved the site plan, Stewart Lane resident Dave Moran said he felt the Planning Board had done all it could within its authority, and that he hoped the company would stick with the plan as approved.

"Our worst problem is Six Flags, not the gas station," Moran said.

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Councilors Say Tuckahoe Turf Is A Ticking Time Bomb

by Kathy Cassanelli
News Editor

With every passing day, the tab for the interest awarded to local developer Ralph DePalma in his legal battle with the town over the eminent domain taking of the Tuckahoe Turf Farm property is growing. And that worries several town councilors.

At their July 5th meeting, Councilor Anthony Bonavita called the case a "time bomb" that is costing the town \$414 a day in interest, which amounts to \$77,832 just since the first of the year.

With interest going back to the day DePalma filed suit against the town, Bonavita is worried that the total amount could run as high as \$900,000 to \$1 million.

"I'm extremely concerned that this be brought to a resolution one way or another," Bonavita said. "We have to respectfully urge the Mayor to continue working to bring this to a resolution as quickly as possible."

At the urging of Bonavita and several other councilors, Council President Robert Magovern agreed to put an executive session on the council's agenda for the next meeting and to invite Mayor Richard A. Cohen to come and give the council an update on what has been happening behind the scenes since their last closed-door session in April.

With the case currently on appeal, Cohen said, "I can't say a lot publicly since this is in litigation."

Cohen said the questions raised by the councilors last week were answered at the executive session two months ago. Having just received the transcripts from

all the court proceedings, Cohen said he is working "expeditiously" on the issue with the Law Department.

"As things progress, I keep the council updated. But, this isn't something that's going to happen overnight," Cohen said. "I wish I had a timeline for this. But, it's up to the courts and it's up to both parties."

Having been in office for just six months, Cohen said he is trying to do what is in the town's best interest. Rather than jumping right in to a quick solution, Cohen said he is making sure the case is resolved in such a way that it "doesn't come back to haunt us."

"I didn't create this, but I certainly want to solve it," Cohen added.

While he is looking at the possibility of reaching a settlement in the case rather than pursuing the appeal, Cohen said, "This is not as simple a procedure as some people perceive it to be. This is a very detailed, in-depth, and unique case."

While the figure of \$414 is generally accepted as the cost in interest for each day that the case remains on appeal, other figures bandied about include \$389 and \$353. The latter figure is considered accurate by sources close to the case.

DePalma won the turf war last year after a six-year legal battle and was awarded \$2.5 million in damages when a jury found that the 292-acre Tuckahoe Turf Farm was worth more than twice what the town paid for it when the land was taken by eminent domain in

1993. After listening to an appraiser set the value for the land in 1993, the jury determined that the town should have paid \$2.5 million for the parcel.

The town purchased the turf farm for \$1.1 million by exercising its right of first refusal and taking the land by eminent domain. This came after DePalma had negotiated with the turf farm owners and agreed on a bargain price for a piece of land that was worth much more if developed.

According to the court decision, the \$1.1 million the town paid to the owners of the turf farm in 1993 was deducted from the \$2.5 million awarded to DePalma in damages, and the town must pay the 10 percent interest mandated by statute in eminent domain cases.

Councilor Kent Servis wants to see a speedy resolution to the case, but he does not want to see the council set a deadline for the negotiating process.

"I don't want to put an artificial deadline on the negotiating process that might disadvantage us in negotiations," Servis said.

As the people responsible for approving the town budget, Councilor Gina-Marie Letellier believes the council is entitled to more specific information on the Mayor's progress in resolving the case. "I know he (the Mayor) thinks he can't share the numbers with us. But, I think we're entitled to a lot more detail than last time," Ms. Letellier said.

LEGAL NOTICE

TOR-2000-5

LEGAL NOTICE

AN ORDINANCE TO AMEND CHAPTER 36 ENTITLED SMOKING IN PUBLIC PLACES (Sponsors: Coun. Morassi and Rossi)

WHEREAS, Because it was in the best interest of the Town of Agawam, an ordinance which prohibited smoking in certain public places was enacted; and

WHEREAS, One of the main purposes of said ordinance was to prohibit smoking in establishments which served food for consumption; and

WHEREAS, Smoking was not prohibited in bars and cocktail lounges in restaurants by said ordinance if there was a separation between the restaurant and the bar, separate ventilation sys-

tems and separate access; and

WHEREAS, The requirement of having separate access to the restaurant as above referenced has imposed a significant difficulty to a small number of pre-existing businesses which can be alleviated without detracting in any significant way from the main purpose of the said ordinance; and

NOW THEREFORE, The Agawam Town Council hereby amends Chapter 36, section 3A(4) "Where smoking is not regulated" by adding the following language to the end of said last sentence:

After the last sentence of chapter 36, section 3A(4), the following sentence shall be added:

Smoking is allowed in the bar when the dining room is closed and empty of patrons.

Dated this seventh day of July, 2000

PER ORDER OF THE AGAWAM TOWN COUNCIL

Robert A. Magovern, Council President
APPROVED AS TO FORM AND LEGALITY

Thomas L. Locke, City Solicitor

Published: July 13, 2000

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.



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- Agawam Obituaries -

JOHN T. COUGHLIN, JR.

John Thomas Coughlin, Jr., 29, of 40 Stratfield Avenue, Westfield, and formerly of Shoemaker Lane, Agawam, died recently at Lawrence & Memorial Hospital in New London, Connecticut, from injuries sustained in an accident while unloading a truck in Waterford, Connecticut.

He owned Coughlin Transport for four years and delivered for Lan Trucking of Wilmington.

Born in Springfield, he was raised in Agawam and attended local schools.

He leaves his father, John, and mother, Barbara (D'Avito) Coughlin, of Westfield; a brother, Mathew, also of Westfield; and a sister, Jennifer Dolan of Uxbridge.

The funeral was held at Colonial-Forastiere Funeral Home, Agawam, and Sacred Heart Church in Feeding Hills, with burial in Springfield Street Cemetery, also of Feeding Hills.

DERMOT J. DESMOND

Dermot J. Desmond, 67, of 414 South Westfield Street, Feeding Hills, died recently at the Holyoke Soldiers' Home.

He was a 34-year transportation agent for Trans World Airlines and retired in 1990.

Born in Reading, he was a graduate of Reading High School.

A communicant of Sacred Heart Church in Feeding Hills, he volunteered with its Athletic Association and was a former member of the Agawam Democratic Town Committee.

He was an Air Force veteran of the Korean War.

He leaves his wife, the former Mary D. Schwalie; four sons, Mark of Ashville, North Carolina, Steven of Southampton, Tim of Westfield, and Michael of Stockbridge, Georgia; three daughters, Jan Sapelli and Kelly Desmond, both of Feeding Hills, and Amy Desmond of Springfield; four brothers, Brian of Reading, James of Tewksbury, and Terrance and Michael, both of Wilmington; three sisters, Joanne King of Raymond, New Hampshire, Gael Desmond of Reading, and Sheila Fortunata of Tewksbury; and nine grandchildren.

The funeral was held at Colonial-Forastiere Funeral Home and the church, with burial in Springfield Street Cemetery in Feeding Hills.

Memorial contributions may be made to Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104.

SIDNEY D. PERKINS

Sidney D. Perkins, 87, of 16 Sunrise Terrace, Agawam, died recently at a local nursing home.

He was a field service engineer at the former Westinghouse Electric Co. of Springfield for 32 years and retired in 1978.

Born in Haverhill, he lived

in East Providence, Rhode Island, before moving to Agawam in 1950.

A 32nd-degree Mason, he belonged to the Scottish Rite Bodies, was a 50-year member of the Mount Orthodox Masonic Lodge, and belonged to the Melha Shrine Temple in Springfield.

He was a past president of the former Form Club in West Springfield, and an associate member of the Pioneer Valley Live Steam Club.

He leaves his wife of 63 years, the former Doris C. Anderson; three sons, Richard D. of Bristol, Rhode Island, Bruce F. of Ellington, Connecticut, and Roland A. of Greenville, South Carolina; and a granddaughter.

A memorial service will be scheduled at the con-

venience of the family. There were no calling hours, and Agawam Funeral Home was in charge of the arrangements.

Memorial contributions may be made to the Shriners Hospital for Children, 516 Carew Street, Springfield, MA 01104, or the American Heart Association, 1111 Elm Street, Suite 9A, West Springfield, MA 01089.

JOHN W. SYRIAC

John W. Syriac, 87, of 1200 Suffield Street, Agawam, and formerly of Parker Street, Springfield, died recently at a local nursing home.

He was a 40-year general foreman for the former Chapman Valve Co. in the Indian Orchard section of

SEE OBITUARIES - Page 8

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OBITUARIES - from Page 7

Springfield and retired in 1975.

Born in Ludlow, he was a long-time resident of Springfield before moving to Agawam two years ago.

He was a communicant of St. Catherine of Siena Church and a member of the Ludlow Country Club, the Veterans' Golf Club in Springfield, and the Indian Orchard Athletic Association. He was one of the first inductees in the association's Hall of Fame.

He also belonged to Knights of Columbus Council 160 of Indian Orchard and was a life member of the Ludlow Elks Lodge.

His wife, the former Katherine E. McGrath, died in 1972.

He leaves a son, Richard J. of Lenox; a daughter, Joanne Ekstrom of Hamden, Connecticut; two brothers, George of Nevada and Vincent of Charlestown, Rhode Island; two grandchildren; a great-grandchild; and his long-time caregiver, Mary Stevenson of Springfield.

The funeral was held at Ratell Funeral Home of Indian Orchard and the church, with burial in Gate of Heaven Cemetery, Springfield.

ELEANOR M. YOUNG

Eleanor M. (Hoague) Young, 71, formerly of North Westfield Street, Feeding Hills, died recently at Baystate Medical Center in Springfield.

Born in Springfield, she lived in Swanton, Vermont, before moving to Agawam in 1953.

She was a communicant of Sacred Heart Church in Feeding Hills.

Her husband, Donald L. Young, died in 1985.

She leaves two sons, Ronald A. and Donald L. Jr., both of Southwick; a daughter, Linda Lennon of Feeding Hills; a brother, Leo Hoague of Springfield; two sisters, Shirley McIlwain of Malden and Beverly Grant of Chicopee; and eight grandchildren.

The funeral was held at Agawam Curran-Jones Funeral Home, with burial in Springfield Street Cemetery.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you. ADVERTISER NEWS!!!

American Legion Post 185

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Agawam Post Office Over At Six Flags



SIX FLAGS NEW ENGLAND ON MAIN STREET was the site where Agawam Postmaster Mark DeForge, his wife, Maggie, and children Kerry and Mary Kay were greeted by Looney Tunes characters "Tweety Bird" "Foghorn Leghorn," and "Daffy Duck." Looking on is postal worker Karen Seibert. The Agawam Post Office was promoting its new Looney Tunes Series stamps. (Related photo on Page 1.) Advertiser News photo by Kathy Shepard.

Swk. Legion Post 338 Elects New Officers

Southwick: American Legion Post 338 of Southwick recently held their election of officers who will serve from July 2000 to June 2001.

Elected were Commander, Richard Sandman; Sr. Vice Commander, John Brettman; Jr. Vice Commander, Clovis G. Goyette, Jr.; Adjutant and Finance Officer, Robert L. Masters; Chaplain, William H. Myette; Historian, Maurice H. Rutherford; Sgt.-at-Arms, Stanley G. Heaton, Jr.; Judge Advocate, Norman H. Crowley, Sr.; and Service Officer, Ralph Vecchio.

There were three openings on the House

Please remember to patronize your local businesses ... ADVERTISER NEWS!!!

Committee and James R. Fahey was elected for the one-year term and William E. McManus and Raymond C. Peebles were elected for the two-year terms.

The Auxiliary Unit 338 also had their elections and their officers are, President, Lea Morin; Sr. Vice President, Eleanor Crowley; Jr. Vice President, Melanie Bannish; Secretary, Ann Johnson; Treasurer, Louise Heaton; Chaplain, Marie Baines; Historian, Marie Alamed; Sgt.-at-Arms, Doreen Goyette; and the Executive Board, Rosemarie Cudworth and Tina-Marie Reed.

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Conference Comm. Reaches Compromise On Trapping Bill

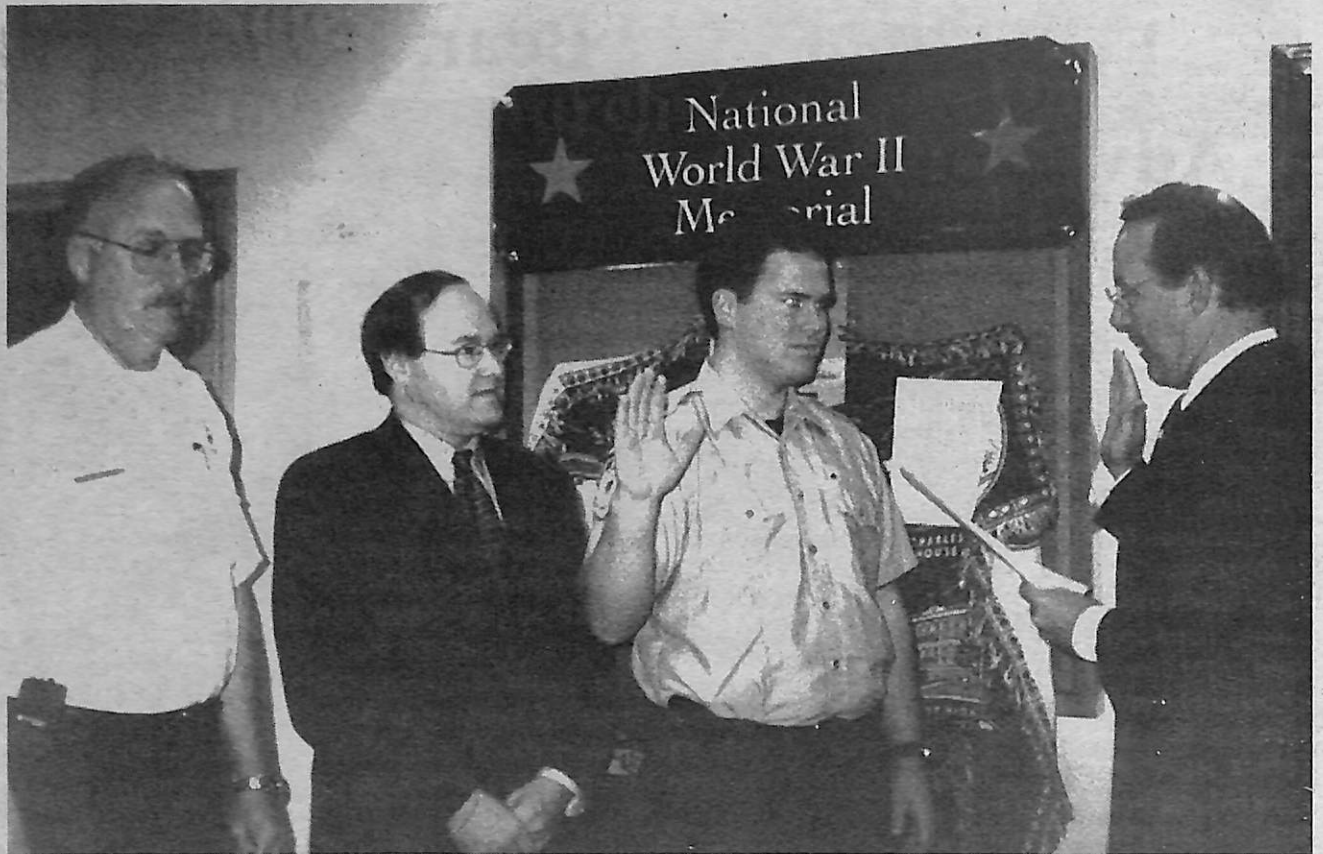
Minority Whip Michael R. Knapik (R-Westfield) is pleased to announce the conference committee charged with ironing out the differences between the House and Senate versions of the beaver-trapping bill has reached a compromise.

Knapik was selected to serve on the conference committee by Senate President Thomas Birmingham. The legislation had been in conference since March. The House passed its beaver control plan last November, while the Senate passed its measure in February.

"I am happy to endorse the compromise reached by the committee. Working together, we have drafted a bill, which will provide a means of relief to homeowners, property owners, and cities and towns that have been damaged by beaver-caused flooding. Additionally, we have retained the spirit and nature of Question 1, which was supported by so many of the Commonwealth's voters," said Knapik.

"Our goal from the very first meeting was to produce a bill that is environmentally friendly and does not restore the traps banned by Question 1, but gives cities and towns the tools for a fast and effective way to remedy a very serious human health and safety problem. I believe this bill achieves that goal," Knapik concluded.

New Firefighter Sworn In



JAMES A. COOK OF AGAWAM was sworn in recently as firefighter/paramedic with the Town of Agawam Fire Department. Cook brings to the position six years of experience in the emergency medicine services field, having worked as a paramedic with American Medical Response in Springfield. Pictured above is, from left: Agawam Fire Chief David Pisano, Mayor Richard A. Cohen, Cook, and Town Clerk Richard Theroux.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter...



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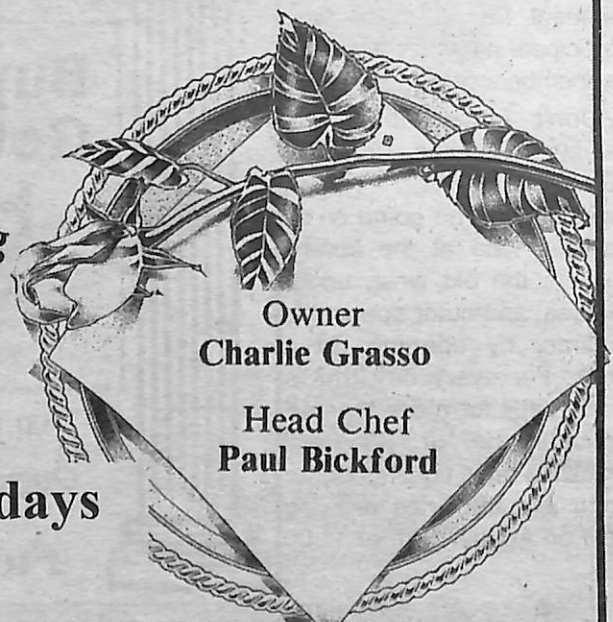
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Families

Fun-Filled Adventures At Agawam Library

by Jen Niedziela
Feature Writer

With crafting fun, musical delights, and storytelling wonders, the Agawam Public Library is the place to be this summer. Providing something for everyone, the library has a full marquee of offerings for the whole family.

"Unseen Borders," a program reaching beyond the sound, takes place on Thursday, July 20th at 7:00 p.m. Storytellers Karen Glickman and Tony Toledo combine their talents in a different manner than conventional storytellers. Karen is deaf, so she tells her stories in American Sign Language. Tony then tells his stories vocally, and then the two tell a story together. This program is for the whole family, and if you would like to attend, please register in advance by going down to the library.

For the participants in the Summer Reading Program, for every week that a child reads at least one hour until July 21st, he or she will receive a raffle ticket for a chance to win one of two brand-new Columbia bikes donated by Woronoco Savings Bank. The raffle, at which participants MUST attend if they are to claim the prize, will be held on July 22nd at 7:00 p.m. (Note: this raffle is only for children aged six and older who can read independently.)

Donna Lee presents "Music for Your Baby." Lee, an actress/musician, will dazzle and delight the little ones with this adorable musical production. This show is for parents, caregivers, and babies from birth to age two. Call 789-1550 to register.

Elbows off the table. Don't slouch. Don't chew with your mouth open. How's your table etiquette? Boys and girls aged four and up can find out on August 4th from 2:00-3:00 p.m. as the library presents the "Perfect Pigs Party." This lighthearted and humorous look at good manners for everyone will end with a tea party so that those who attend can show their stuff. For children and their grown-ups, call to reserve your table space.

Are there any children out there with show business in their bones? Come down and get a start on Wednesday, August 9th at 6:30 p.m. by performing in "Alice in Wonderland." Volunteers can sign up at the library on a first-come, first-served basis. Rehearsal will be at 6:30 p.m. on August 9th with the performance beginning at 7:30. The show will be great entertainment for all those who participate as either actors or as members of the audience.

Don't forget about the Summer Reading Program. "Open Books, Open Frontiers" will be going on all summer long at the library. Explore the old west, under the sea, and outer space this summer by opening up a book. For every day that a child reads for more than 15 minutes, he or she will receive a raffle ticket good for entry into the prize drawing held on August 10th at 11:00 a.m.

There are also events that

"Bear, Bear - Who's Got The Bear?"



MAYOR RICHARD A. COHEN presents Heritage Hall Nursing Home's Helen Manning with a proclamation honoring the famous "Traveling Teddy Bear" that is so popular with the nursing home residents. Advertiser News photo by Kathy Shepard.

will be going on more than once during the summer. Every Wednesday from July 5th through July 26th, a "Creative Crafts" session will be held. Providing the materials, the library will highlight its selection of craft books with this series for children aged 3-1/2 and up (with their parents and caregivers). Come and participate in "Puppet Projects" - July 19th, and "Arty Party" - July 26th. All the librarians ask is that you register for each program weekly, and bring smiles and fun along with you.

A toddler playgroup is held on Monday mornings from 10:00-11:30 a.m., and there are some openings. Pre-registration is necessary for this group, so for more information, call the library. This group is only for toddlers aged 18-30 months. Daycare providers should note that Friday morning storytimes will continue through the summer. For more information, call the

library and ask for Judy Clini.

"We want people to keep coming back," said Children's Librarian Jeanne Hoffman. "Every time someone comes to the library, they leave with something wonderful. They leave with a book, and a smile. If they come and have fun and have a good learning experience, then it's even better."

Funding for the summer programs comes from several sources. The Agawam Center Library Association donates \$1,000 to cover materials and sponsor programs that celebrate summer reading. The Agawam Cultural Council is underwriting "Unseen Borders," the adventure in storytelling, held on July 20th.

For more information or to register for any of these exciting programs, visit the library, or call at 789-1550.

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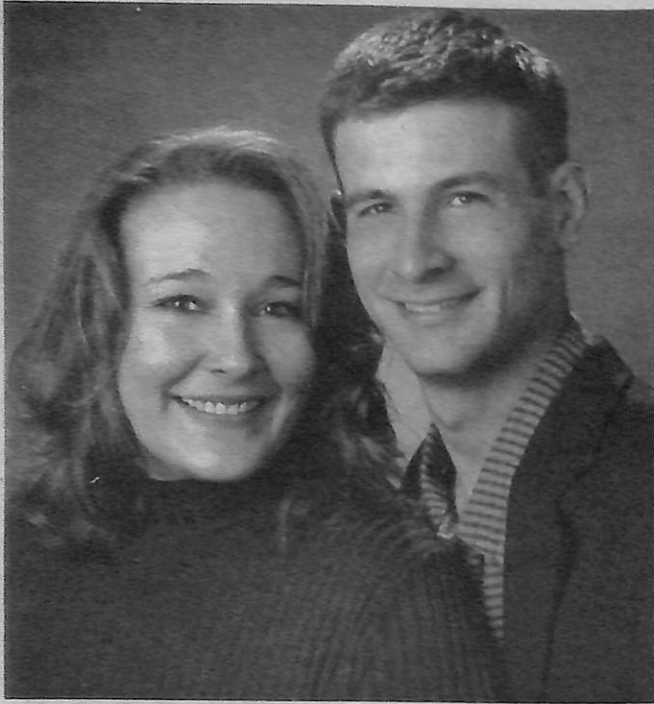
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JODIE VAILLANCOURT & BRETT GRAVELINE

Jodie M. Vaillancourt To Wed Brett T. Graveline This Sept.

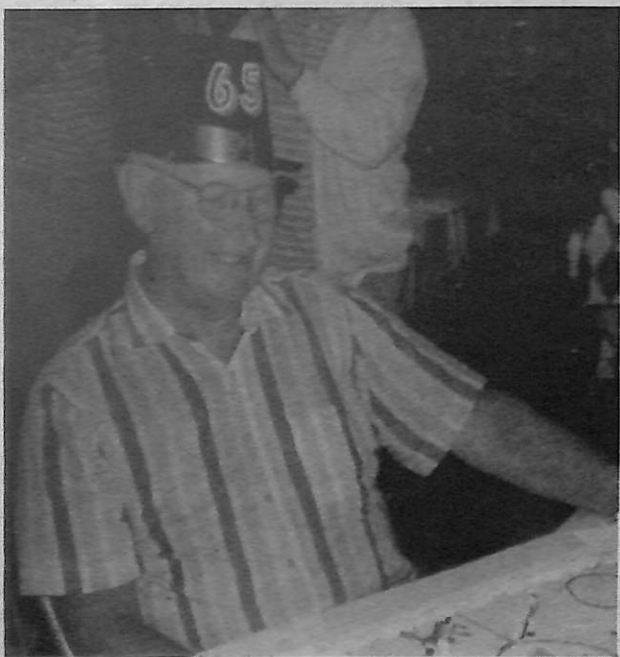
Ron & Brenda Vaillancourt of Orrington, Maine, announce the engagement of their daughter, Jodie Marie, to Brett Thomas Graveline. He is the son of Jack & Dorothy Graveline of Agawam.

Jodie is a graduate of Old Town High School in Old Town, Maine. Brett is a graduate of Agawam High School. Both are graduates of East Coast Aero Tech in Bedford, Massachusetts. They are FAA licensed aviation maintenance technicians and are employed at Telford Aviation in Bangor, Maine.

A September 2000 wedding is planned. The couple resides in Orrington, Maine.

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Happy "65th" Birthday Wally - Wally - Wally



Love,
Sudsy, Ashley, Janice,
Eddie, Debbie,
& Your P.A.C. Family

Senior Center "Friends" Donate Pool Table



FRIENDS OF THE AGAWAM SENIOR CENTER donated a new pool table as a gift to the Senior Center. Pictured above are (from left) Gina Sacco, Lillian Doyle, Paulene Paquette, Agawam Senior Ctr. Executive Director Richard Mundo, Vi Presz, June Schmidt, Carolyn Mullaly, Alice Stein, and (seated) Gladys Francazio. Advertiser News photo by Kathy Shepard.

Hastings Family Announce Birth Of Daughter

Jeffrey and Nancy Hastings of Agawam announce the birth of their daughter, Bella Barbara-Jeanne. She came into this world on June 22, 2000 at Mercy Hospital in Springfield.

The grandparents are Paul and Jeanne Frappier of Feeding Hills, Arthur Hastings, also of Feeding Hills, and the late Barbara Hastings.

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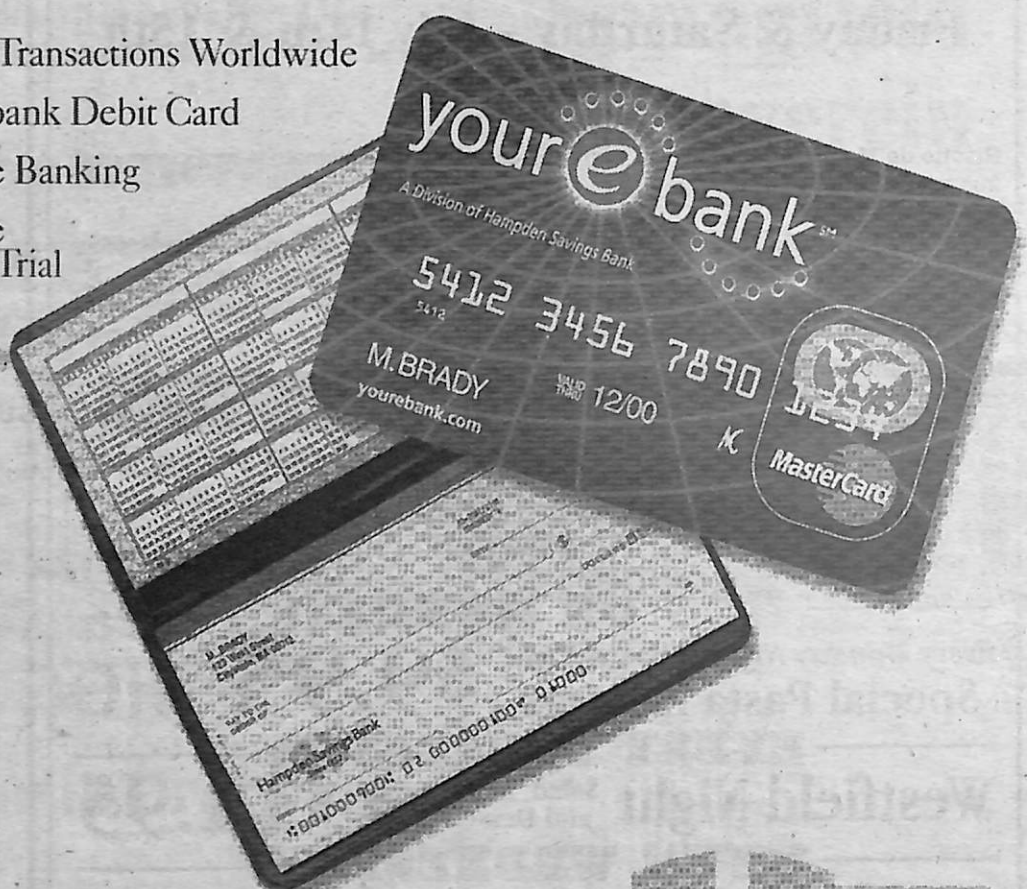
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Got A Hair, Nail, Or Beauty Problem? Send Us A Note, And We Will Answer It In Our Column...

Question: I know that sunscreen products are important, but what is the difference in the UV letters, what is SPF, and how can I get a great tan and stay safe?

Answer: You are so right about the importance of sunscreen and it should become part of your everyday routine, just like brushing your teeth. It is necessary for you to receive some natural sun, but to avoid many skin problems over time, daily application of at least 15 SPF should be used. Application every two hours is necessary for maximum protection while you are outdoors.

If you are swimming, sweating, or exercising, reapplication is necessary more often. If a golden tan is your goal, apply a sunscreen between an SPF of 15 and 30, and applying more is better than less. It is recommended to put it on before you dress so as not to miss any spots, and give it about 15 minutes to set before going in the sun. Remember to apply to your ears, lips, back of knees, and tops of your feet (these seem to be missed areas).

It is best not to lay out during the peak hours between 10:00 a.m. and 2:00 p.m., when the sun is the strongest. Time yourself for 15 minutes the first day, and add five minutes each day after, for a maximum daily exposure of 30 minutes. Your tan will come slowly, but you should be safe. SPF (sun protection factor) is the measure of sunscreen that indicates the product's ability to block out the sun's harmful UVB rays. An SPF of 15 absorbs 93 percent of the rays, while 30 absorbs 97 percent.

To explain, the number after the SPF is the multiplier of your skin's exposure time before burning (15 gives you 15 times longer in the sun before burning than if you had no protection). Remember that reapplication does not give you more time.

UV stands for ultraviolet and these rays are categorized by A, B, and C.

UV-A is the weakest form, which causes skin aging and wrinkles by destroying elastin and collagen. Can also cause skin cancers.

UV-B is the most harmful, causing cancer, cataracts, suntans, sunburns, hair damage, age spots, and dilates blood vessels.

UV-C is the strongest but never reaches the earth's atmosphere because it is filtered out by the atmosphere.

There are so many products to choose from, but here are a few points to consider. Use a higher number on skin that hasn't been exposed to the sun in a while. Sunscreen should be used on children every day, starting at the age of six months. If your child gives you a hard time, make it fun! There are foam types in a can that can become a game to apply. More is better, so don't skimp, blend well, and let set before going into the sun.

If you have a reaction to suntan products, try a gel base. If you still have problems, check with your dermatologist for a recommendation; just don't go without something. Check that the product you are using blocks UVA and UVB rays or says broad spectrum.

One more important face - zinc oxide and titanium dioxide are physical sunblocks (they are opaque and coat the skin) and are fully able to shield the skin from these rays. I have a problem with sunscreens that burn my face and melt into my eyes, causing them to burn. I found a product called Solar Sense with SPF 30. It is a broad spectrum sunblock with zinc oxide, is clear, greaseless and waterproof, and works great for my problem. (Ames, only \$1.99.)

Thought for a smile: children floating sailboats on a mirrored pond.

And remember ... Beauty is our Business!

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...
ADVERTISER NEWS!!!

"Friends" To Sponsor Trip To Mohegan Sun

The "Friends" of the Agawam Senior Center is sponsoring a trip to Mohegan Sun on Monday, August 21st. The cost is \$16, which includes a \$10 meal ticket, a \$10 wheel play, and gratuity.

We will leave the Agawam Senior Center at 8:00

a.m., and return home at 5:30 p.m. This trip is open to the public.

For more information and/or reservations, contact Nellie Mathias at 786-9093.

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SPECIALS:

APPETIZER:

Risotto de Mare - Sauteed shrimp with mussels, shallots and tomatoes in a creamy saffron risotto.

ENTREES:

Hoisin Chicken Shish Kebob - Tender-cut chicken breast marinated in hoisin garlic sauce skewered and grilled with fresh vegetables served over herbed spinach orzo.

Grilled Citrus Halibut - Fresh white fish grilled with a citrus marinade topped with a fruit salsa and served over wild rice and wilted spinach.

Enjoy Summer Nights in the Bistro Lounge with the sounds of:

Thursday, July 13 - Classical Pianist Vadim
Friday, July 14 - Piano Vocalist Kevin Burns
Saturday, July 15 - Pianist Natalie Borowiec
7:00 P.M. - ???

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Any Pasta from our Menu

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Baby Back Ribs, Double Pork Chops or Cajun Chicken

Friday - Zuppa De Pesce.....\$13.95

Sunday - Steak & Baked Stuffed Shrimp.....\$9.95

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Specials cannot be used or combined with any other discount offers or programs

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Linda Northup Vitro New Rotary President



LINDA NORTHUP VITRO is the new president of the Agawam Rotary Club and is seen above accepting the ceremonial gavel from outgoing Rotary President Reverend Donald Morris (second from left). Looking on is Mrs. Northup Vitro's husband, Tom Vitro (far right), and Rev. Morris' wife, Christine Morris (far left). Advertiser News photo by Kathy Shepard.



OUTGOING AGAWAM ROTARY CLUB President Reverend Donald Morris (center) and Rotary District Governor Tom Vorhees (far right) are pictured with Assistant District 4 Rotary Governor Ellen Miles (far left). Rev. Morris received a Rotary Club citation for his work as a Rotarian. Advertiser News photo by Kathy Shepard.

Springfield Turnverein Summer Activities And Events

A cookout is being held at the Springfield Turnverein, 176 Garden St., Agawam (Garden St. exit off Route 57) on July 15th at 6:00 p.m. and will offer a choice between grilled pork chops or grilled chicken, along with several salads, and desserts. Music for listening and dancing will be provided by Peter Frey.

The cookout will be held rain or shine. Admission is \$8.50 for adults and \$2.50 for children under 10.

Call Christa at 786-0143 for reservations.

On all Wednesdays during the summer, there will be a Women's Coffee Social in the afternoon at 4:00 p.m. There is no admission charge. On Wednesday evenings, there is Prize Night Bowling at the

Turnverein alleys offered to the public. The cost is \$8 for the evening.

The Turnverein bowling alleys are open to the public daily during the summer from 4:00-8:30 p.m.

Members of the Turnverein are now planning the big OKTOBERFEST, which will take place on Saturday, August 19th from 12:00 to late evening. The day will include German foods, crafts, beer, and wine, the Shrine Band playing German music for listening and dancing in the afternoon and a DJ for dancing in the evening.

Many other fun activities are in the planning stages. Save the date and watch for more information.

Agawam Library To Host Music Program

"Music and Movement for Young Children"

Singer/Musician Donna Lee will offer a music program at the Agawam Public Library on Monday, July 31, from 6:30p.m.-7:30p.m. Babies from birth to age 2 and their parents or caregivers are invited to come and join in the singing and dancing. Donna Lee plays

and sings traditional songs and entertaining originals with an emphasis on sing-alongs and participatory songs.

This program is open to the public and registration is required. Please visit the Agawam Library or call 789-1550.

For all the hometown news, you turn our pages each and every week ... AAN!!!



MR. & MRS. DAVID YOUNG

Mary Potter & David Young United In Matrimony

Mary Potter and David Young were married on Friday, June 9th, at St. Mary's Church in Westfield.

The bride is the daughter of Gerald & Judith Potter of Feeding Hills. The groom is the son of William & Beth Young of East Longmeadow.

The couple honeymooned on a Scadinavian cruise and is currently residing in Enfield, CT.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.

Springfield Turnverein

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MICHAEL FIORINI
Environmental Compliance Services
Tel: 789-3530



RITA DUCHARME
EBTEC Corporation
Tel: 786-0393



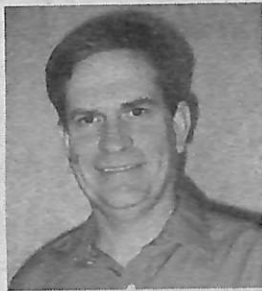
LINDA NORTHUP VITRO
David R. Northup Electrical Contractors, Inc.
Tel: 786-8930



RICHARD MULCAHY
United Process, Inc.
Tel: 789-1770



DONALD RHEAULT
Message on Hold Network of N.E., Inc.
Tel: 789-3180



BRAD THORPE
Thorpe's Office Furniture
Tel: 786-8080



RICHARD BELLICO
Woronoco Savings Bank
Tel: 568-9141



KATHRYN AYRE
Ayre Real Estate Co., Inc.
Tel: 789-0812



TOM WALBRIDGE
Six Flags New England
Tel: 786-9300



SCOTT LITZ
Larry's Shell, Inc.
Tel: 786-4860



ALAN ROGERS
Defense Investigators Group
Tel: 789-2046



GINA FUSICK
BankBoston
Tel: 786-4572



JUDY POTHUL
The Atrium
Tel: 821-9911



JANET WALSH
Taylor Rental
Tel: 786-4433



JOSEPH ASCIOTI
Reliable Temps, Inc.
Tel: 786-9941



LAURA DeSPIRT
Santo C. DeSpirt Marble & Granite, Inc.
Tel: 786-7073



RICHARD BLOMSTROM
Canary-Blomstrom Insurance Agency, Inc.
Tel: 789-3995



ALAN FERRIGNO
Alan L. Ferrigno, Atty. At Law
Tel: 786-9454

ATTORNEY GARY SHANNON
Doherty, Wallace, Pillsbury & Murphy
Tel: 733-3111

DENISE VOGEL (board advisor)
Western MA. Electric Company
Tel: 787-9011

Join Us!

Agawam Chamber of Commerce

c/o the Affiliated Chambers of Commerce of Greater Springfield
1441 Main St.
Springfield, MA 01103

Phone: 413-787-1555

Fax: 413-731-8530

☐ Yes, Please send me membership information about the Chamber

Name: _____ Title: _____

Business: _____

Address: _____

Phone: _____ Best time to call: _____

Dear Agawam Community Members,

Zip Code 01001 starts the numerical sequencing of all zip codes in the U.S.A. Agawam, out of all the cities and towns in the United States was chosen to have the number one zip code.

Let's make Agawam the number one community in Western Massachusetts, a place where children can be happy and safe learning to be productive citizens of the world. Ultimately the children will inherit the community we are creating now. What will our legacy be?

Please participate in the Agawam Chamber of Commerce and help shape the Agawam community for tomorrow's lead-

ers. In the words of Helen Keller, "I long to accomplish a great and noble task, but it is my chief duty to accomplish humble tasks as though they were great and noble. The world is moved along, not only by the mighty shoves of its heroes, but also by the aggregate of the tiny pushes of each honest worker." Consider joining and supporting the Agawam Chamber of Commerce!

The Agawam Chamber needs you!

Robert F.L. MacDonald
President,
Agawam Chamber of Commerce



Join Us!

3RD ANNUAL AGAWAM CHAMBER

9-HOLE GOLF SOCIAL

Thursday, Sept. 21, 2000

Afternoon tee times beginning at 2pm

Agawam Municipal Golf Course

\$25. per player includes fees,
refreshments, prizes

For info call 787-1555

Mission Statement

The Agawam Chamber of Commerce is organized for the purpose of advancing the economic, industrial, professional, cultural, and civic welfare of the Town of Agawam. We encourage the growth of existing industries and business and offer assistance to any new firms or individuals seeking to locate in Agawam. We also support activities that are beneficial to the community and promote the general interests of the Town and its trade area.

Strategic Affiliation

More than 200 businesses in the Agawam/Feeding Hills area belong to the Agawam Chamber. Agawam is one of six nearby Chambers of Commerce in Western Massachusetts that have "affiliated" to combine resources under an umbrella organization called the Affiliated Chambers of Commerce of Greater Springfield, Inc.

Agawam business members, along with 1800 other members of Chambers serving businesses in East Longmeadow/Longmeadow, Hampden/Wilbraham, Ludlow, Springfield and West Springfield have joined forces to offer a greater advantage in promoting business throughout the region.

Programs & Services

The Chamber's networking and information programs include the annual business to business Market trade show, monthly "After 5" and "After Hours" networking events, breakfast programs, business and legislative gatherings. The annual 9-hole golf social (Sept. 21st) is designed to offer busy business people an opportunity to meet for casual networking at the municipal golf course. Business accomplishments are recognized in the annual Super 60 Awards program, the Small Business Awards programs and monthly salutes.

Member benefit and discount programs include group health coverage, long distance and cellular savings, energy coalition aggregation and a credit card transaction fee program

Legislative Efforts

The Chamber serves as a proactive force in the federal, state and local political arenas.

Each election year, the Chamber hosts local candidate forums. Members are invited to participate in delegations that make an Annual State House visit in Boston and at meetings with the elected officials in Washington.

Town/Business Relations

The Chamber acts as the bridge between business and town government. It meets regularly with the Mayor, and other town officials to address business needs. The Chamber works to advocate for new business development as well as business retention, by organizing "Spotlight on Business" tour visits with local Chamber members.

Business/Education Support

The Chamber realizes that today's students are tomorrow's workforce. The Chamber works with school officials to offer business partnerships, programs and services. Annual scholarships are awarded to graduating students.

AGAWAM CHAMBER OF COMMERCE GOALS & OBJECTIVES 2000-2001

1. Develop and present thematic chamber events, breakfasts, candidates forums or panel discussion addressing business issues, a golf social and other programs that support and promote the membership and value of belonging to the Chamber.
2. Schedule regular Spotlight on Business Tours to introduce members to members and address the opportunity by the Chamber to retain and attract business to Agawam. Work cooperatively with all municipal officials to encourage local economic development.
3. Develop board and committee participation by encouraging standing committees to expand their outreach and invitation to join to the full membership. Identify and groom business members as directors.
4. Increase Chamber visibility by promoting member benefits through the Chamber Channels newsletter, direct mail, membership drives and in the media. Publicize the benefits of belonging to the Chamber to the full business community.

STANDING COMMITTEES

Membership, Membership Benefits Committee

Welcomes new business, extends organizational benefits to the membership

Call the chamber at 413-787-1555 for more information

Town/Business Relations Committee

Focuses on the positive economic development of Agawam business

Chair: Rich Mulcahy, United Process Inc. 413-789-1770

Government Affairs Committee

Addresses local, state and federal issues that impact business

Chair: Rick Bellico, Woronoco Savings Bank 413-568-9141

Program Committee

Coordinates business salute breakfasts, programs and legislative forums

Chair: Tami Nelson, Hampden County Chiropractic 413-786-4820

Public Relations Committee

Promotes the Agawam Chamber and member products and services

Chair: Brook Ashby, Penfield Productions 413-786-4454

Business/Education Committee & Student Scholarships

Encourages business support of local students and the schools

Co-chair: Rita Ducharme, EBTEC Corporation 413-786-0393

Co-chair: Alan Rogers, Defense Investigators Group 413-789-2046

Web Site Committee

New in 2000! Charged to develop an Agawam Chamber web site and links to gschamber.org

Chair: Linda Northup Vitro, Northup Electric 413-786-8930

9 hole Golf Social Tournament Committee

Annual Tournament: Thursday afternoon, Sept. 21, 2000 at Agawam Municipal Golf Course

Chair: Dick Blomstrom, Canary-Blomstrom Insurance 413-789-3995

To join a committee, share ideas or suggestions call the
Agawam Chamber of Commerce at 413-787-1555



SPRINGFIELD TURNVEREIN SINGERS recently attended a competition where the club located in Feeding Hills was declared the winner. Pictured above (from left) are Ralph Loos, president of the club's Men's Singers; Marianne Alden, president, Ladies' Glee Club; Fred Hellinger, director of both the Turnverein's men and women singers for over 40 years; Paul Dithrich, a representative of Connecticut Saenberbund; and Kurt Walther, Springfield Turnverein president. Advertiser News photo by Kathy Shepard.

Annual Saengerfest Held Recently At Springfield Turnverein

The Ladies' Glee Club and the Men's Singing Section of the Springfield Turnverein recently attended the annual Saengerfest of the German American Cultural Society. This year, it was hosted by the German-American Cultural Society of Rhode Island.

Competition is held during the morning hours. Each group within the Division has a song selected by the committee for their competition.

The Men's Singing Section won a first-place trophy for singing "Abenfrieden." The trophy was presented to Ralph Loos, president of the men's group. They were tied for first place with the singers from Norwalk.

The ladies and men sang a combined number, enti-

itled "In Stiller Nacht," which also awarded them a first-place trophy. This honor was accepted by Marianne Alden, president of the Ladies' Glee Club, and Ralph Loos, president of the Men's Singing Section.

Both groups are under the direction of Alfred Hellinger. He has been the director for over 40 years.

Anyone that enjoys singing, both in German and in English, is encouraged to meet with us. Our group will be taking the summer off from singing, but will be returning in the fall. If you would like more information, please call the club at 786-0924 and leave your name and number so we can get back to you.

Agawam Senior Lunch Menu

Monday, July 17th: Strip steak, peppers & onions w/gravy, cheese baked potato, whole wheat bread, nectarine.

Tuesday, July 18th: Baked chicken breast, steak fries, Italian mixed veggies, rye bread, tapioca pudding.

Wednesday, July 19th: French meat pie w/gravy, tossed salad, pumpnickel bread, brownie.

Thursday, July 20th: Stuffed cabbage, mashed potatoes, corn, rye bread, peaches.

Friday, July 21st: Clam chowder, egg salad on a roll, cole slaw, apricots.

Summer 2000 Walking Group At AHS Track

The Agawam High School track will be open (weather-permitting) for walking and jogging on the following days:

Monday: 6:30-8:30 p.m.; **Tuesday:** 6:30-8:30 p.m.; **Wednesday:** 6:30-8:30 p.m.; **Thursday:** 6:30-8:30 p.m.; **Saturday:** 7:30-9:30 a.m.

The track will be open for walkers and joggers during the above hours throughout the summer. Strollers are permitted on the track.

No one will be allowed on the infield or in the bleachers during these times.



MR. & MRS. DANIEL J. LARRABEE, JR.

Christine J. Nowacki Becomes Bride Of Daniel J. Larrabee, Jr.

Sacred Heart Church in Feeding Hills was the setting for the June 17th wedding of Christine Jeanne Nowacki and Daniel John Larrabee, Jr. Parents of the bride are Cecile & Robert Nowacki of Feeding Hills. The bridegroom is the son of Rosellen & Daniel Larrabee, Sr. of Westfield.

Maria Bigelow attended the bride as maid of honor. Peter Adoretti, Jr. served the bridegroom as best man.

The bride graduated from Cathedral High School in Springfield and Westfield State College. She is a post-graduate student at the University of Massachusetts in Amherst, and is a fifth-grade teacher at The Grammar School of Somersville in Somersville, Connecticut.

The bridegroom graduated from Westfield Vocational High School and is employed by Independent Roofing of Westfield.

*For photo coverage in
The AAN, call 786-
7747 or 786-8137;
however, please give
us at least 72 hours'
notice prior to your
event. Thank you.*

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Agawam Library's Mother-Daughter Book Group

"Spending quality time together with my daughter or mother," was what moms and daughters liked most about the "Mother-Daughter Book Group," which has been meeting monthly at the Agawam Public Library since January.

The club format is similar to groups which meet throughout the country, and is modeled on the book, "Mother-Daughter Book Club, by Shirleen Dodson.

Each mother-daughter team hosts a meeting and chooses the book to be read, plans the activity, and creates the discussion questions. The meetings offer girls, aged eight and up, and their mothers an opportunity to discuss current issues in a non-threatening and supportive environment through the books they read together.

The group is taking the summer off and returning to monthly meetings in September. If anyone is interested in joining the group or forming a new one, please call Cynthia Sutter at the library at 789-1550.



PICTURED ABOVE are groups of mothers and daughters that participated in the Agawam Public Library's "Mother-Daughter Book Group." The group will resume in the fall. For more information, contact the Agawam Library at 789-1550.

*Our classified ads cost just \$10 per week
for 30 words or less; however, we DO
NOT take them over the telephone.
Please mail them (along with payment) to
P.O. Box 263, Feeding Hills, MA 01030.*

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Have some excess cash? Looking for an interest bearing account that's highly rated? Check out Summit.Plus – a money market statement savings account that really makes the grade. All it takes is a \$30,000 minimum balance. You have easy access to your money while it continues to earn at a very competitive rate. For unlimited check writing, simply open a Summit checking account. That said, Summit Plus deserves high marks.

With offices serving Agawam, East Longmeadow, Southwick, Springfield, West Springfield and Westfield.
413-568-1911 www.westfieldbank.com

*The Annual Percentage Yield (APY) is accurate as of 7/5/00 and subject to change without notice. \$30,000 minimum deposit required to open an account. Daily balance must be greater than or equal to \$30,000. If balance falls below \$30,000 APY is 2.05%. Summit Plus is available to retail and business customers. IRA deposits are excluded from this offer. This offer may be withdrawn at any time.

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"The Food Dude"

by John Walters
WHYN AM 560



Blackened Fish And Steaks...

Chef Paul Prudhomme from New Orleans made the blackened dishes popular. I have found him to be a wonderful person and a delight to dine with. Here are some dishes that lend themselves to being cooked outdoors - blackened scallops, fish, and rib eye steak. (If you tried to cook these dishes in the house, you would fill up the house with smoke.)

First, you need a mixture of spices and herbs. I like starting with a garlic powder. Add peppers (black, white, and red), onion powder, paprika, and finally, choose some herbs. Thyme, parsley, and rosemary can be used. Pulverize everything together and then sprinkle on liberally.

You will need to clarify your butter. That is done by warming 'til the solids separate. DO NOT OVER-HEAT. After the butter has separated, spoon off the clear oil. The remains are the salt and the solids of the butter.

Take your food item and drench in the butter on both sides. Now apply the seasonings liberally. When cooking outside, you can bring the cast-iron skillet up to temp. The skillet needs to be very hot so that you will sear the outside of the food product. The smoke will be intense, but you must keep a careful eye on the food. The heat will actually cause the food to rise off the skillet slightly. After a quick sear, turn the food product over and repeat the process.

I enjoy squeezing lemon juice over the blackened dishes. I feel it helps to enhance the flavors.

If you are grilling shrimp outside, remember that the shell needs to stay on 'til eating or you will dry the shrimp and turn it rubbery. Cooking outside is a real treat. I hope that you will be able to do this often throughout the summer and fall.

Does your gas grill need filling? Rocky's and the Getty on Springfield Street have what you need.

Visit my website, www.foodduderadio.com, for recipes and much more. Remember, it's not what you're eating or drinking ... it's whom you're with.

This is "The Food Dude." Until next week, I'll be talking to you on the radio.

JOHN WALTERS, "The Food Dude," can be heard each Saturday afternoon from 1:00 to 3:00 p.m. on WHYN AM 560.

(Blue Seal brand kiel-basa and quality tableready meat is his sponsor.)



Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays.
Thank you.
ADVERTISER NEWS!!!



BABY VICTORIA & ALEXANDRA KAPANTOIS

Kapantois Family Announce Birth Of Victoria Rose

Steve and Tracy (Cimaroli) Kapantois would like to announce the birth of their second daughter, Victoria Rose, on May 11th in Salem, Massachusetts. Baby Victoria has a 2 1/2-year-old sister, Alexandra.

Local grandparents of the children are Joseph Cimaroli of Westfield and Elena and Don Wells of Feeding Hills. Great-grandmother is Mary Cimaroli of Feeding Hills and the late Peter LaMagna of Florida.



FRANK D. DEGRAY, JR. & CHRISTINE A. VEALE

Christine Veale Engaged To Wed Frank DeGray, Jr.

Christine A. Veale and Frank D. DeGray, Jr. will be united in matrimony on May 26, 2001 at St. Theresa's Church in Agawam. A reception will follow at Chez Josef. The bride-to-be is the daughter of the late Elizabeth Morrisseau of Agawam and Christine M. & James F. Veale of Tennessee. The parents of the prospective bridegroom are Flo Nardi of Agawam and Frank DeGray of West Springfield.

Veale is a graduate of Agawam High School and is currently employed at Yeshiva Academy in Longmeadow as a pre-school teacher.

DeGray is a graduate of St. Mary's High School in Westfield and works at JJN Associates in Suffield, CT.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you.

CALABRESE FARMS

Fresh From Our Fields:

Lettuce, Beets, Carrots, Cabbage,
Beet Greens, Green & Yellow Beans,
Green & Yellow Squash & Broccoli
AND FROM OUR GREENHOUSE:
Tomatoes & Peppers

Our Own Corn Is Ready

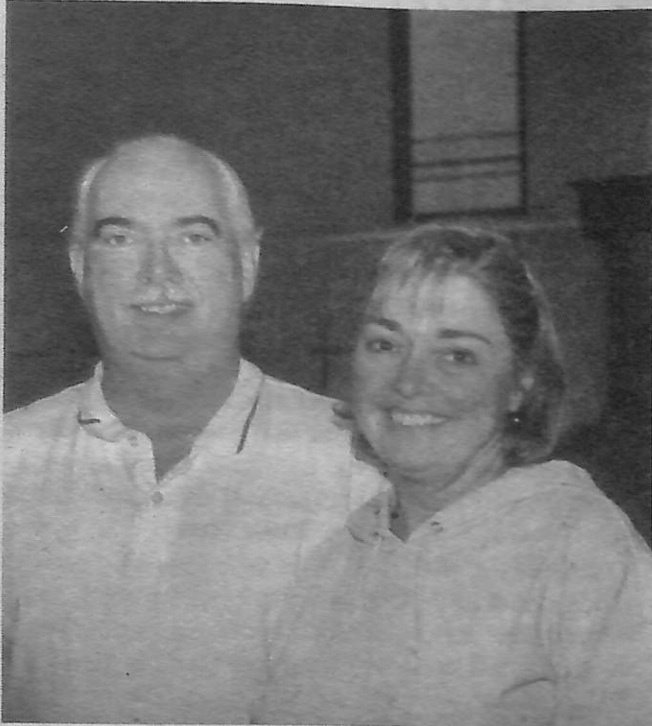
Our Own Blueberries Are Ready

257 FEEDING HILLS ROAD, RT. 57
SOUTHWICK, MA * (413) 569-6417



Church News

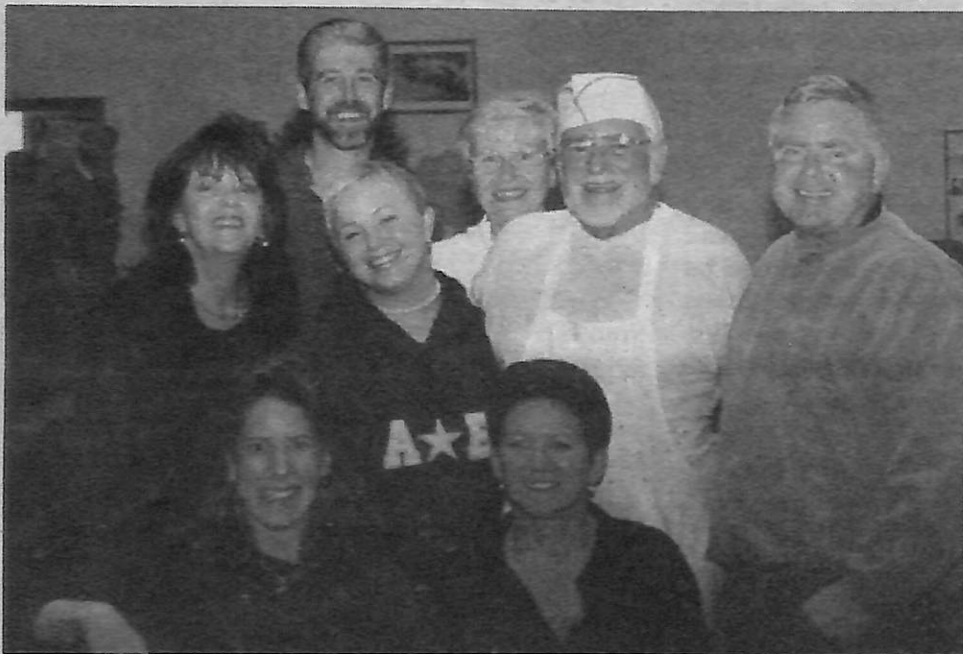
Monday Night Suppers Are Popular At St. David's



ALL SMILES AT LAST MONTH'S Monday Night Supper at St. David's Episcopal Church in Feeding Hills were Dave & Debbie Hines. Advertiser News photo by Kathy Shepard.



"WE CAN'T WAIT TO EAT!" Attending last month's Monday Night Supper at St. David's Episcopal Church in Feeding Hills - next to the Agawam Police Headquarters - were (from left): Dot Smith, Penny DeForge, Terry Jenks, Gloria Colby, Teri Joseph, and Phyllis Gosselin. Advertiser News photo by Kathy Shepard.



LAST MONTH'S Monday Night Supper at St. David's Episcopal Church in Feeding Hills was the place where Ken Barrepski, Sr. was honored on his birthday. Standing (from left to right): Linda Perreault, Kevin Hines, Barbara Barrepski, Nikki Barrepski, Ken Barrepski, Sr. (a.k.a "the birthday boy"), and Ken Barrepski, Jr. Advertiser News photo by Kathy Shepard.

GOOD MORNING, THIS IS GOD.

I will be handling all of your problems today.
I will not need your help, so have a good day!

P.S. I love you!

This message is brought to you,
especially you, by:
The NEW LIFE CHRISTIAN CHURCH
(860) 668-4444 or (413) 786-8735

Ag. Congregational's Vacation Bible Camp To Run July 24th-28th

Agawam Congregational Church's Vacation Bible Camp will be held from July 24th through July 28th, 9:00 a.m. to 12:00 noon.

Come learn about "Family Ties" (the adventures of Abraham, Sarah, and their descendants) through stories, games, and crafts.

For more information or to register, call the church office at 786-7111.

Please remember to patronize your local businesses ... ADVERTISER NEWS!!!

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On Vacation - from Sunday July 16th to July 24th

Re-opening - Tuesday July 25th

New Hours Starting July 31st

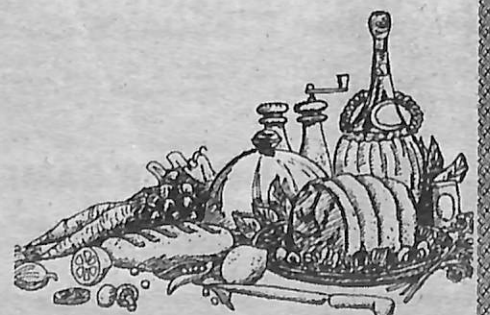
Monday- Friday 11am-9pm

Saturday 4pm-9pm

Closed Sunday

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789-1917





Reflections...
submitted by
Rev. Peter Monahan
Pastor of the New Life
Christian Church,
Suffield, CT
(413) 789-1377 or
toll free (877) 643-9801

The Problem With Sin...

I once knew a minister who refused to use the word "sin" in any meaningful way. Not once did he utter the word in the course of delivering a sermon. He was restrained from speaking about sin because certain people in his congregation objected to the term.

Apparently, some people don't like the word "sin" because they think it means people are condemned. They are right! The Bible says, **the soul who sins will die**. If that was all the Bible had to say about sin, then all people would be in big trouble. People don't sin all the time, but the fact of the matter is that all people do sin.

Sin is a terrible thing. It has awful consequences, both for this life as well as for the world to come. In both instances, the ultimate tragedy of sin is that it separates people from God, who loves us immeasurably.

What does God say about our sin? Does God say to Himself, "I'll let them sin now, but I can't wait to punish them!"? Some people picture God as though He was standing over them, holding a heavenly-sized sledge hammer, just waiting and watching for a good opportunity to slam them with it. However, that is not at all God's way of looking at our sin.

When Jesus called out, **"Repent, for the kingdom of heaven is near,"** His was not a message of wrath. He didn't say, "You're going to hell, you wicked sinners!" Instead, Jesus' message was an invitation to accept God's forgiveness.

Jesus Himself has made God's forgiveness available for each of us, through His death on the cross. Jesus, who was completely without sin, took upon Himself the consequences of our sin; **the soul who sins will die**. The Bible says that each of us can be justified freely by His grace through the redemp-

tion that came by Christ Jesus. God presented Him as a sacrifice of atonement. The word atonement, translated propitiation in the King James Bible, means "substitute." Jesus took our place, substituting Himself, so that we don't have to die eternally. There is more. Through His resurrection, Jesus has destroyed death and has brought life and immortality to light through the Gospel.

The Bible tells us that Jesus went around teaching from village to village. Calling the Twelve to Him, He sent them out two by two and gave them authority over evil spirits. They went out and preached that people should repent. To repent means to come to one's own right state of mind. To repent means to stop calling black white, up down, and sin okay. It is not okay to sin against God, nor against the people He made and loves. God wants each of us to repent so that we can be set from the power of sin, and start living the life He imagined for us. The Psalmist says, **"I will listen to what the Lord God will say; He promises peace to His people, His saints - but let them not return to folly."**

People have a tendency to try to rationalize their sin away by comparing themselves to others. "I'm not as bad as so and so." However, the Bible tells us that sin is the great leveler of humankind. No sinner is worse, or better, than another. No sinner is more notorious than another in God's eyes. **For all have sinned and fall short of the glory of God.**

The only remedy for our problem of sin is redemption. Even though we cannot redeem ourselves because all of us are caught up with the same dilemma, God can and does offer redemption to any and all who will accept it. **In Him we have redemption through His blood, the forgiveness of sins, in accordance with the riches of God's grace that He lavished on us.**

Why would God ever go to such great lengths for us? Could any of us possibly be worth it? For God, the answer is apparently "yes." **For He chose us in Him before the creation of the world to be holy and blameless in His sight. In love He predestined us to be adopted as His children through Jesus Christ, in accordance with His pleasure and will.** In other words, God confronts our problem of sin with His love.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

Parish News And Notes From St. John's Church

FROM THE PASTOR'S DESK: We are happy to announce that Fr. John Gawienowki has received his permanent assignment: he will become the first parochial vicar at St. Cecilia's in Wilbraham. Fr. John reports to his new assignment this Saturday, July 15th. The prayers and best wishes of St. John's family go with him. May his ministry be long and fruitful.

RELIGIOUS EDUCATION NEWS - REGISTRATION FOR SEPTEMBER: The process of registration for next year's classes has begun. Parents of children in first grade are reminded that they have to register their children (they did not receive a note in the mail). If your child was not baptized here at St. John's, please bring a copy of the baptismal record at registration. Registration during July is \$25, and during August it is \$30. There are family rates.

PARISH PICNIC: The Parish Picnic will be coming up on August 27th. Want to help? We are still looking for "dunkees" for the dunking booth. How about some young married couples? Just call Mariann Green at 593-5764.

SUNDAY TO SUNDAY: We will continue this program here at St. John's for all who would like to deepen their awareness of the Sunday readings ahead of time - Thursday evenings at 7:00 p.m.; Friday mornings at 9:10 a.m.

WEDNESDAY BIBLE STUDY: The group will resume weekly meetings in September.

BISHOP'S GOLF CLASSIC: The Fourth Annual Bishop's Golf Classic to benefit the Sisters of St. Joseph will be held at the Springfield Country Club on August 28th. The proceeds will go directly to Mont Marie Health Care Center. Any questions? Call 536-0853.

PARISH WEB SITE: We are working on our Parish Web Site. We hope to have it as a useful communication tool, including scheduling for our various ministries, regular activities, and links to useful religious sites and resources. You can find it now in its initial stages at www.stjohnangelistchurch.org.

AGAWAM CATHOLIC SINGLES CLUB: This group consists of adult singles who are separated, widowed, divorced, or never married. The group meets monthly on the second Thursday of each month at 7:00 p.m. in the Parish Center. For more information, call JoAnn, 786-0774, or John, 786-2273.

Polish American Club of Agawam

139 Southwick Street
Feeding Hills

(413) 786-0973

BINGO

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Mon. - Tues. - Wed. 9-4
Thurs. - Fri. 9-5

4 Washington Avenue Extension, Agawam

Trip To Costa Rica Scheduled For February Of 2001

Leave winter behind next February and come join us for a natural history tour of some of Costa Rica's most scenic attractions. Spend a week exploring tropical nature in this fascinating Central American country, which has managed to preserve nearly 25 percent of its territory in parks and preserves. Learn about the delicate balance between human and biological communities in the tropics, and Costa Rica's efforts to protect its sea turtles and other wildlife. Explores volcanoes, beaches, and tropical forests, and help support a local sea turtle conservation project in Costa Rica by participating in this tour.

Trip leaders will be Bill Martin, a member of Agawam Congregational Church, and Tim Barrett, a former Woodstock, Vermont school superintendent. Barrett has been hosting adventure travel groups in Costa Rica for the last five years, and specializes in group travel oriented towards education, ecology, and local culture.

Accommodations will be in standard hotels and lodges. A 30-passenger, air-conditioned bus will provide ground transportation. The trip will be limited to 22 participants. A portion of the trip proceeds will be donated to a sea turtle conservation project administered by Costa Rica's national park service (MINAE).

The all-inclusive price for this fully-escorted, eight-day program is \$1,549. The price includes round-trip airfare, hotels, ground transportation, all meals, park admissions, tours, and services of a bilingual tour leader. The tour departs Bradley International Airport on Saturday, February 24, 2001, and returns on Saturday, March 3rd.

For registration information, contact Bill Martin, 789-1063.

Vendors Wanted For Sacred Heart's Tag And Craft Sale

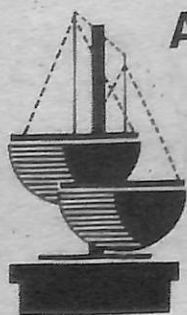
Applications are now being accepted for the Annual Tag and Craft Sale at Sacred Heart Church in Feeding Hills on Saturday, September 9th, from 9:00 a.m. to 3:00 p.m.

It will be held in the parking lot of the church. For an application or more information, call 786-4966 or 786-3384.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

David A. Ladizki

Attorney At Law



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News & Notes From FH Congregational

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Our Sunday Service of Worship begins at 9:30 a.m. for the summer.

Rev. Donaldson's sermon is entitled "Facing Change." The Bible reading is Ecclesiastes 3:1-8. Sue Boisvert will be Lector. Ushers will be Sue Strycharz and Charlie Horenstein.

Andy Kretschmar will serve as Acolyte. Children are invited to worship with adults.

Members of the Worship Committee are reminded that they will meet on Saturday, July 15th, at 3:00 p.m.

The deadline to submit articles to the church newsletter is Thursday, July 20th.

Rev. Rob is still looking for members who can provide housing for our guest from Maryland from July 21st through July 24th. Please speak to him if you can help.

On the calendar:

Friday, July 14th: Confirmation sleep-over.

Saturday, July 15th: 3:00 p.m., Worship Committee.

Sunday, July 16th: 9:30 a.m., Worship Service; 11:00 a.m., Church of Redemption.

Tuesday, July 18th: 7:00 p.m., A.A.

Thursday, July 20th: Newsletter deadline; 7:00 p.m., A.A.; 7:00 p.m., Church of Redemption Bible Study.

*"Church News" is just
one more reason why
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ADVERTISER NEWS!!!*

Calendar From Ag. Congregational

This Sunday, July 16th, at the Agawam Congregational Church (745 Main Street, Agawam), the Reverend Earl Eisenbach will continue his sermon series on Spiritual Gifts from 1 Corinthians 13:13 ... and how faith, hope, and love abide these three. This week, he will speak on "Abounding in Hope."

The Pastor and his wife, Barbara, are members of the order of St. Luke, an international healing and prayer ministry. They are available and will pray with individuals after the service.

This year's Vacation Bible Camp, "Family Ties," will be held from July 24th through July 28th from 9:00 a.m. to 12:00 noon. This is for two year-olds through sixth-graders, and the cost for the entire week is \$7.

To register, please call the office at 786-7111 or Suanne Hansen at 786-6660.

Men are invited to join the Men's Prayer Time, which meets at 7:45 a.m. each Wednesday morning.

We read from the devotional guide "Upper Room" for meditation and discussion, with time for coffee and fellowship.

The Appraisal Fair will be held on September 1st from 3:00 to 7:00 p.m.

2001 Costa Rica Tour: Anyone interested in a guided trip to Costa Rica in the early part of the year, please call Bill Martin at 789-1063 for more information.

Third Annual Baseball Trip: Norwich Navigators (Yankees) versus Altoona Curve (Pirates) on Sunday, July 16th, at 1:00 p.m. If you are interested, please call Bill Martin at 789-1063.

For more information concerning any of our events, please call the church office at 786-7111.

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Spotlight on Business



ATTORNEY CHRISTOPHER C. JOHNSON (left photo) has returned to the practice of general law after serving as Agawam's first Mayor for 11 years. IN RIGHT PHOTO: Johnson's office is located at 29 Southwick Street, Feeding Hills, in the Colonial Shops. Advertiser News photos by Kathy Shepard.

Former Mayor Christopher C. Johnson Sets Up Shop As Attorney At Law

by Kathy Cassanelli
News Editor

It really is *deja vu* all over again for local attorney Christopher C. Johnson, building a law practice from scratch for the second time in 15 years.

After an 11-year stint as the town's first elected CEO, the former Mayor is starting back at square one in the practice of general law. Specializing in real estate law, trusts, estates, and wills, "your basic general practice situation," Johnson is trying to carve out a name for himself within his chosen profession and outside the political arena.

"It's a tough thing to be starting a career all over again after 11 years," Johnson said. "A lot of people made the assumption that I'd be leaving office with a job waiting for me. But, I'd like people to know that I'm in the general practice of law again and I'd appreciate their business."

Open since March, Johnson's law office is located at 29 Southwick Street, Feeding Hills, in the Colonial Shops.

With no major regrets at leaving public life, Johnson is getting used to the slower pace of another job he loves, but that doesn't require a 24 hour a day, seven days a week commitment. And most importantly, he has regained the freedom to rediscover his identity as a person rather than as the mayor.

Johnson still misses the people he worked with and the job he loved for so many years, but he needed to make time for himself and for his family.

"My personal identity got lost in the job and that was one of the reasons I had to get away," Johnson said. "Now, I'm not 'the mayor' on Sunday afternoon at Stop & Shop or on Tuesday night at a local restau-

rant. I've gotten my identity back and now I'm Chris Johnson again."

It all comes under the heading of getting your life back. Now, when traffic backs up at Six Flags, he no longer gets the phone calls and when some other crisis arises, it's no longer his problem.

"The weight of responsibility has been lifted after bearing it for 11 years," Johnson said. "I was ready for a break. Now, for the most part, my evenings and weekends are my own."

In addition to launching his fledgling law practice, Johnson enjoys his work as an adjunct professor at Western New England College, teaching business and employment law at the college at night.

"I really enjoy teaching; it's a lot of fun," Johnson said.

Without the demands on his time required by the role he took on as a hands-on Mayor, Johnson is enjoying the flexibility of finding the time to have lunch during the work-week with his 14 month-old daughter, Emily.

"Emily is a lot of fun; she keeps us going," Johnson said. "Even though I do teach at night, I can spend a lot more time with my wife and with my daughter."

While he professes no regrets at walking away from elected office, Johnson has not ruled out a return to the political arena.

However, he has no immediate plans to run for office.

"I miss the people and the challenge of the job," Johnson said. "I worked there for 11 years and I do miss that."

Purposefully avoiding being dragged back into the political fray, Johnson said, "I don't want to be the guy who has people in and out of his office all day, feeding the political fat."

He doesn't watch the broadcast of Town Council or School Committee meetings, and he has no problem looking at someone else doing his old job. "I care deeply about the town," Johnson said. "All I want is for the town to get better."

Looking back on his political career, Johnson says he honestly believes he made a difference and that the town has improved under his leadership. Despite what many would think, his proudest accomplishments are not the obvious: a new Fire Department headquarters, the acquisition of the Agawam Country

SEE JOHNSON - Page 23

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JOHNSON - from Page 22

Club, the Early Childhood Center, the school renovations and additions projects, and the library expansion project.

Rather, the things Johnson points to with pride are the intangibles; a renewed respect for local government, firm financial footing for the town, and the stability that allows for long-range financial planning and capital improvements.

When he took over the second-floor corner office at Town Hall, people had no respect for Agawam politics; employee morale was low; and the residents weren't happy with the quality of the services the town was providing, Johnson remembered.

Fast-forward 11 years. Yes, there are still improvements to be made, but for the most part, people are satisfied with the services they receive; employee contracts are settled without threats of strike or work-to-rule action; politicians are not arguing over essential services; and there is, in general, a healthy respect for the local government that didn't exist before.

Not a bad legacy for the new kid who won all the marbles 12 years ago and changed the rules of the political game in Agawam.

Take a ride down the newly-designated "Christopher C. Johnson Drive" to the municipal golf course to appreciate what many believe is Johnson's greatest accomplishment - saving the complexion of Feeding Hills by preventing the development of a 132-home subdivision. Purchased by the town for \$1.25 million at auction, the parcel would likely be worth more than eight times the purchase price to a developer today. It's open space forever, now.

A lifelong resident of Agawam, Johnson lives with his wife, Anna, and their daughter, Emily, in Feeding Hills. He is a graduate of the Agawam school system, American International College, and Western New England College Law School.

Pam Savioli

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The pre-sale inspection report is for the seller, but any known defect must be disclosed to the Listing Agent. The buyers will order their own inspections and rely on that report.

If you would like additional information, please call PAM SAVIOLI at (413) 748-7565 or visit her on the Internet at <http://pamsavioli.realtor.com>.



COMMON SENSE
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How To Conquer Clutter...

Sooner or later, clutter invades nearly everyone's life. A key to clutter control is to have a place for everything. To figure out what belongs where...

Organize the clutter in one complete area without stopping ... set aside a minimum of a half a day ... or tell yourself that you won't stop until "two closets, the garage, and the bathroom" are clutter-free. It's important not to be sidetracked by distractions. Take the phone off the hook ... don't look at your old high school yearbook ... don't run any errands ... nothing!

Set up large cardboard cartons ... set up one "for charity," one "for elsewhere," and one "to throw out." "For charity" is for useable items only ... no junk. Put the box into your car immediately when completed and drop it off the next time you go out. "For elsewhere" is for anything that goes in another room. Do not put these items away until the end of the day. "To throw out" is for the true junk. If you're the type of person who has trouble throwing things away, have someone else in the family come by regularly and empty the box.

Reward yourself for a job well done ... have a nice dinner, go out for a movie, or spend a quiet evening in your clutter-free home.

TO HELP KEEP YOUR CLUTTER FROM GETTING OUT OF CONTROL IN THE FUTURE...

Take 20 minutes daily to tidy up by putting everything in the right room ... Toys go in the kids' room, papers and magazines go into the reading rack, etc. Later, when you have more time, you can put things away more specifically.

Find effective clutter storage containers ... Games can be stored in a trunk that doubles as a table on top of which children can play games. Give this area some thought on how it can best be used.

Make an ongoing effort to get rid of things you never use ... Keep a charity box on hand for useable items that you no longer want. The minute the box gets full, put the items in bags and take them to your favorite charity.

SOME TIMELY TIPS...

Household insurance for renters is very important ... and very few people realize that. Landlords' responsibilities are very limited ... they are only responsible for damages to your personal property if you can prove they were negligent.

Too much debt??? Keep personal debt at a level where monthly payments (not including your mortgage/rent) total no more than 20 percent of your take-home pay. Any more than that is a danger signal.

Change your car oil lately?

Legal Memo

by
Alan L. Ferrigno, Esq.
546 Springfield St., F.H.
(413) 786-9454

**ANTENUPTIAL AGREEMENTS (Part I Of II)**

The use of antenuptial, or prenuptial, agreements seems to be on the rise. Antenuptial agreements are nothing new. Pre-marital contracts designed to address financial issues incident to the dissolution of a marriage can be traced back to the 16th-century. However, while the concept of the antenuptial agreement has been around for centuries, the popularity of the antenuptial agreement seems to have gained momentum within the last few decades. "Couples approach marriage with far more pragmatism and anxiety than ever before. Almost half of American marriages end in divorce (compared with just over one-third, 25 years ago), and many couples have decided to protect themselves, to the extent that they can, through the 'pre-nup.'"

Alarmists may interpret the proliferation of antenuptial agreements as proof that romance is dead. However, the fact that "more and more people are executing antenuptial agreements prior to their marriage ceremony" does not mean that modern couples now view marriage as mere mergers and acquisitions. Instead, the use of an antenuptial agreement may be characterized as a proactive attempt for couples entering the institution of marriage to control the descent in the event that the marriage fails. In an age of sophisticated communication, information, and financial systems, the proliferation of antenuptial agreements may simply be a sign that couples have a more pragmatic and sophisticated outlook than their parents. Contemporary couples may wish to decide for themselves how and by what method their estates will be divided instead of leaving the decision to the legislature, judges, and lawyers.

Judicial analysis of the validity of antenuptial agreements, in the context of divorce, dates back as far as 1922 in the Commonwealth of Massachusetts.

The seminal case involving antenuptial agreements is *Wellington v. Rugg*, 243 Mass. 30, 136 N.E. 831 (1922). Essentially, the court held that nothing short of proof of fraud would invalidate an antenuptial agreement irrespective of the unfairness of the provisions of the agreement.

Antenuptial agreements were stricken down by the Massachusetts courts in the absence of fraud following the *Wellington* decision. "The decision in *French v. McAmareney*, 290 Mass. 544, 195 N.E. 714 (1935) stated that an antenuptial agreement attempting to abrogate the duty of a husband to support his wife was unenforceable and contrary to public policy."

The Supreme Judicial Court abandoned the *Wellington* standard of a showing of fraud to invalidate an antenuptial agreement in the case of *Rosenberg v. Lipnick*. The court in *Rosenberg* indicated that because of the confidential relationship of the parties entering into an antenuptial agreement there existed a mutual burden of disclosure and of good faith and fair dealing in negotiating such agreements. In abandoning the *Wellington* standard of fraud, the *Rosenberg* decision indicated that "the burden is not on either party to inquire, but on each to inform, for it is only by requiring full disclosure of the amount, character, and value of the parties' respective assets that courts can ensure intelligent waiver of the statutory rights involved."

(To be concluded next week...)

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills, Massachusetts. If you have a legal question, Attorney Ferrigno will attempt to address the same in this column. Please send any questions to the address listed above.

Attorney Alan L. Ferrigno's "Legal Memo" is a regular feature of The AAN...

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter.



Timely Tips On How To Manage Your Finances

by Sue & Charlie Alvanos
Personal Financial Advisors
American Express
534-3883

How To Jump Start Your Post-College Finances (Part I Of II)

That ceremonial toss of the mortarboard at the end of your graduation ceremony means entry into the next phase of your financial life. After several years of juggling the financial challenges of student life, you no doubt feel a strong temptation to take your first few paychecks and blow them on life's little luxuries.

Of course you need to celebrate your accomplishments, but in the long run a well-thought-out plan for spending and saving will be a true cause for celebration. To get you off on the right financial foot, here are some down-to-earth suggestions:

Know where your money is going. Allocating your income to spending categories can help you avoid debt, plan for expenses, and provide you more money to use for enjoyment. By establishing a time-frame and keeping track of all the money you spend, you can decide which expenses are unnecessary and

which ones you need to plan for on a regular basis. You may discover that you can save \$100 a month by brown-bagging your lunch at work or by using public transportation.

Organize your finances. Balance your checkbook regularly and set up a simple filing system for important papers (bills, benefit statements, tax paperwork, insurance policies, etc.). Not only does good organization keep you from searching for papers you need, it also helps you track expenses and create a paper trail should you need it later.

Set short- and long-term goals. Perhaps you want to pay off your student loans, buy a new car, or save for your first home. Knowing what you want to accomplish with your money is an important first step in reaching your goals. A financial advisor can help you identify your goals, set timeframes, and suggest suitable investments to help you reach them.

Set aside a cash reserve for emergencies. Even though you're just getting started in your career and your income is likely on the rise, it makes smart financial sense to set aside an emergency reserve of from three to six months' living expenses. Granted, you probably won't see a high rate of return on the conservative investments appropriate for your reserve fund, but layoffs, disability, and medical bills happen at any age, so it's best to be prepared for the unexpected.

(To be concluded next week...)

"RiverBus" Tours Sponsored By Peter Pan

Peter Pan is conducting its "RiverBus" tours along the Connecticut River for the 2000 season, and is introducing several new themed summer evening cruises.

The narrated tours are now in operation weekdays, Monday through Friday, at 12:15 p.m., 2:15 p.m., and 4:15 p.m. On Saturdays and Sundays, an additional 10:15 a.m. departure is available.

In July, and August, Peter Pan is offering a new series of themed cruises, including Fifties Night on Fridays at 6:00 p.m. and 8:00 p.m. (\$9.95 per person) with music from the rock and roll era; a River of Blues Cruise (\$15 per person) on Fridays, departing at 8:30 and 10:30 p.m. with live blues music provided by "Sweet Daddy Cool Breeze"; an Irish Cruise and dinner (\$26.50 per person) on Saturdays at 6:00 p.m.;

and a Jambalaya Cruise (\$14 per person) on Saturdays at 8:00 p.m. and 10:00 p.m. with Zydeco music and Cajun cuisine.

The RiverBus will again feature Mexican Cruise and dinner on Thursdays during the summer months, departing at 6:00 p.m. (\$26.50 per person) with dinner at Nana O'Leary's Restaurant.

A historical and environmental narration provides an entertaining and educational experience for passengers on the regular daily tours of the RiverBus. Tickets are \$9.95 for adults, \$5.95 for children aged three to nine; and free for children three and under.

Reservations are strongly encouraged and can be made by calling (413) 746-6679 or toll-free at (877) 746-6679.

On Thursday, July 20th...

SashaSpeaks Seminars At The Leonard House

"SpeakEasy" seminars are being offered by Sasha ZeBryck on Thursday, July 20, at the Captain Leonard House in Agawam. ZeBryck, president of SashaSpeaks Seminars, is also Business Woman of the Year, 2000, chosen by the Women Business Owners Alliance of Pioneer Valley, Inc. Her energizing programs help audiences relieve the fear and anxiety most people experience when called upon to make a presentation or interact in social or business situations.

SpeakEasy I & II will help you capture your audience in 30 seconds, reduce nervousness, organize your thoughts, master 3 ways to handle impromptu talks and power up your voice.

SpeakEasy I will be held from 8:30am-11:30am, and SpeakEasy II from 12:30pm-3:30pm. Attendance at SpeakEasy I is suggested for participation in SpeakEasy II. The Captain Leonard House is located at 663 Main Street. The fee for one seminar is \$60; two are \$95. Coffee and danish are offered at the morning programs. To register and for corporate group information, contact Sasha ZeBryck at 413-821-0086 or SashaSpeaks@aol.com.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event. Thank you for your cooperation in this matter.

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For Your Health

From Baystate Medical Center...

Safe Family Camping Tips For The Summer (Part I of II)

Camping in the wilderness can be adventurous and a great learning experience for most families. But neglecting to take simple safety precautions can quickly turn a fun-filled camping trip into a disaster.

If your family decides to "rough it" outdoors this summer, it's important to remember that safety should remain at the forefront of all camping activities.

"While children are completely caught up in the wonders of nature, adults need to be very aware of possible safety hazards associated with camping," said Shirley LaRoche, coordinator, Western Massachusetts Safe Kids Coalition headquartered at Baystate Medical Center Children's Hospital.

OUTDOOR SAFETY

- * Bring a first aid kit and emergency telephone numbers.

- * Know ahead of time where the nearest telephone or ranger station is located in case of an emergency.

- * Dress children in several layers of clothing. Children can become cold or warm more quickly than adults.

- * Pack essentials, such as a flashlight, extra food,

warm clothing, and rain gear to prepare for unexpected bad weather.

- * Before camping, check the area's weather forecast.

- * Inform others where you are camping and when to expect your return.

HIKING SAFELY

- * Never allow children to hike alone, but with an adult.

- * Map out your hiking trail ahead of time. Be sure any trail you choose is well marked and do not sway from it. Bring a compass.

- * Make sure children are capable of the hike in terms of distance, pace, and difficulty.

- * Make sure to bring plenty of drinking water because hiking can cause dehydration.

- * Wear proper hiking boots and clothing that cover as much exposed skin as possible to protect from scrapes, bites, and plant poisonings.

WATER SAFETY

- * Always supervise children in or near water.

- * Teach children to always swim with a buddy, never alone.

- * Children should wear appropriate personal flotation devices when near water.

- * Never let a child go in the water before testing the temperature. If the water is too cold, it may affect the child's breathing or cause cramps.

- * Be aware of the nature of the water. An open body of water that looks virtually motionless may have a strong undercurrent.

- * Do not allow children to wade into water without protective footwear. There may be broken pieces of glass or sharp objects.

- * Teach children water safety habits. They should not run, push others under water, jump on others, dive or jump in shallow water.

- * Never allow children to swim during lightning storms or other bad weather.

- * Know infant and child cardiopulmonary resuscitation (CPR).

(Continued next week...)

Bereavement Support Group At Mercy Hospital

Persons who have experienced the death of a partner are invited to attend the next meeting of Mercy Hospital's bereavement support group, Saturday, July 15th. The "Being Alone" group will meet from 10:00 a.m.-12:00 noon, in the hospital's Deliso Conference Center, 299 Carew St.

Sr. Madeleine Joy, S.P., of Mercy's Pastoral Care Department, facilitates the free meetings, which focus on issues of grief, mourning, and recovery.

Registration is required; for more information, call (413) 748-9453.

Mercy Hospital is a member of the Sisters of Providence Health Systems (SPHS). The SPHS's member organizations provide hospital and ambulatory care, rehabilitation, behavioral health services, nursing home care, retirement living, employee health services, home care, and more.

The SPHS is a founding member of Catholic Health East, one of the nation's largest health care systems. Catholic Health East facilities serve communities in eastern states from Maine to Florida.

Mercy Hospital Hosts Cancer Support Group

Persons with cancer, their families, and friends are invited to attend Mercy Hospital's Cancer Support Group. The free meetings are conducted Mondays at 7:00 p.m., in the hospital's Deliso Conference Center, 299 Carew St.

The group offers information on topics of interest to cancer patients, and provides an opportunity to share experiences in a friendly, supportive atmosphere. Meetings are facilitated by Sr. Madeleine Joy, S.P., of Mercy Hospital's Pastoral Care Department.

For more information, call the Pastoral Care Department, (413) 748-9453.

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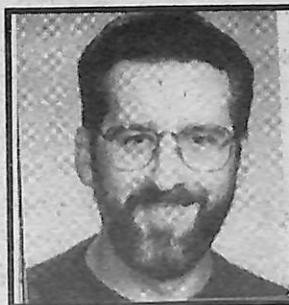
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Becoming A New Self...

Last week I talked about the movement within ourselves from an old identity into a new identity. I connected this transition to the early Colonialist traveling over an ocean and the Jewish exile through the Red Sea seeking freedom from an oppressive rule.

A couple of e-mails favorably commented on this connection, and one specifically asked me to further clarify what I meant by the "old" and "new" identity. Let's spend a few moments on this distinction.

I begin my understanding of this distinction by stating that my primary (old) identity is being the person I've always known myself to be. Having said this, then the new identity is the person I am becoming different from the person I was. Semantics? I don't think so!

An underlying assumption of mine is that the "old" is that identity (sense of self) grounded in our family identity. The "new" can emerge upon our venturing forth from the family and into our own finding (creating) of self that uniquely occurs separate, yet connected to our family.

Another piece of language might help. I generally refer to the "old" as the collective identity. Basically this means for me that understanding of ourselves as connected to how our family sees us and how we see our family. On the other hand, the "new" self speaks to me more about what it means to be an individual.

Part of the dictionary meaning of the word **Individual** means: *A human being regarded as unique. A person distinguished from others by a special quality. Existing as a distinct entity; separate. Serving to identify or set apart.*

To become an individual, therefore, a person must *separate, be set apart, be considered special and unique.* Depending on the *health* or *dys-function* of each particular family, they will be *encouraging* and/or *discouraging* of this process of individuation. The family is, however, the context from which we learn to

Program On Herbal Medicine At Heritage Woods

Heritage Woods Assisted Living Community, 462 Main St., Agawam will host the following community education *Herbal Medicine/Curse or Cure*, with Melissa Holden of Genesis SelectCare, on Monday, July 17th, at 10:30 a.m.

Seating is limited, and reservations are required. For more information and/or to reserve your place, call 786-9704.

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separate from while attempting to paradoxically remain in connection with them. This is similar to the Jews and Colonialist separating from their oppressive rule.

I believe the family that (as best as possible) encourages and supports each person's individual *sense of self* provides them with the ability to become separate from, yet remain connected to their family. Many people live in a linear - cause & effect, either/or lifestyle that can preempt this paradoxical living from taking place. Depending on the level of dys-function in a family, members can work overtime *not* to promote individuals and, in effect, seek to destroy one's effort to become an individual.

I observe in our society a phenomenon that occurs in families that promotes a sense of "individuality" on one hand, yet glues us to the "collective" on the other hand. I believe a healthy balance between the two is possible, but either extreme can be deadly to a new identity emerging and being sustained.

Consider the many advertising campaigns, signs of the times, popular songs, symbols, direct, and more subtle messages around us that encourage us to conform, stay in line, comply - *yet be yourself!* As long as you buy *our* brand and join *our* group, you can be an individual! Nonsense! They know it and so do you!

The message one gets is that if you belong to *our* group (family), know its needs, do all in your power to serve it and remain fiercely loyal to it - **you will be OK!** Whatever you do, don't challenge it and always go along with it! Don't rock the boat! Keep it afloat at all cost!

If you *do not* have to view your family as the enemy to cut-off from or become overly-invested in, then perhaps there is hope that you can become your own, *special and unique, set apart from, separate yet connected "individual"* person. Would this be a "new identity" for you? What is your experience?

The complexity of becoming a new self.

Dan Pender, MA, MFT is a Marriage & Family Therapist with a private practice in Agawam, MA. He is a Clinical member of the American Association of Marriage & Family Therapy. He can be reached by e-mail at dpmft449@aol.com or P.O. Box 449, Agawam, MA 01001 or by phone at (413) 789-4460.

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Chiropractic Care

by Dr. Tami Nelson
Chiropractic Physician
Hampden County
Chiropractic
850 Springfield St.
Feeding Hills
786-4820

Taking Vitamins And Minerals...

Oftentimes, patients ask about taking vitamins and minerals. The question is a very good one, although sometimes it can be very confusing what to take, when to take it, what brand is best, etc.

Recently, I came across an article by Dr. Michael Murray, who is widely regarded as one of the world's leading authorities on natural medicine. He believes that everyone needs to take a high-quality multiple vitamin and mineral supplement. He believes that healthy people should use vitamin and mineral supplements as an "insurance formula" against possible deficiency. Dr. Murray states that a high-quality multiple is one that provides high levels of all vitamins and minerals.

The following recommendations provide an optimum intake range in selecting a high-quality multiple.

* VITAMINS (Range For Adults):

Vitamin A (retinol), 5,000 IU. Women of childbearing age should not take more than 2,500 IU of retinol daily due to the possible risk of birth defects if becoming pregnant is a possibility; Vitamin A (from beta-carotene), 5,000 to 25,000 IU.

Vitamin D, 100 to 400 IU. Elderly people in nursing homes living in Northern latitudes should supplement at the high range; Vitamin E (d-alpha tocopherol), 100 to 800 IU; Vitamin K (phytonadione), 60 to 300 mcg.

Vitamin C (ascorbic acid), 100 to 1,000 mg. It may be easier to take Vitamin C separately; Vitamin B1 (thiamin), 10 to 100 mg; Vitamin B2 (riboflavin), 10 to 50 mg; Niacin, 10 to 100 mg; Niacinamide, 10 to 30 mg; Vitamin B6 (pyridoxine), 25 to 100 mg; Biotin, 100 to 300 mcg.

Pantothenic acid, 25 to 100 mg; Folic acid, 400 mcg; Vitamin B12, 400 mcg; Choline, 10 to 100 mg; Inositol, 10 to 100 mg.

* MINERALS (Range For Adults):

Boron, 1 to 6 mg; Calcium, 250 to 1,250 mg. Taking a separate calcium supplement may be necessary when trying to achieve higher dosage levels in women at risk or suffering from osteoporosis; Chromium, 200 to 400 mcg. For diabetes and weight loss, dosages of 600 mcg can be used.

SEE TAMI NELSON - Page 27

Becoming a new Self I am worth it!

Read more about this in today's **FOR YOUR HEALTH** column.

from

Dan Pender

Marriage & Family Therapist

*A Clinical member of the
American Association of Marriage & Family Therapy
caring for individuals, couples and families.*

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Your Back And Your Health

by
Dr. Joseph S. Schlauffer
Schlauffer
Chiropractic Offices
192 Shoemaker Lane
Agawam

Some Appropriate Exercises...

While working with patients who have spine-related problems, I am often asked about appropriate exercises that can be done to help their problem.

Take advantage of the summer season and do as much swimming as you possibly can. This form of exercise ranks as number one when it comes to overall conditioning.

A considerable portion of our lives is spent in the upright position during work and play. Gravity constantly pulls us toward the earth.

The force of gravity is powerful and takes its toll on all of us. Most of us know that we are actually taller in the morning than in the evening. That's because gravity compresses our skeletal systems and the discs of the spine throughout the day. Have you ever seen someone who is permanently hunched or stooped over due to years of hard physical labor, lifting, and/or bending? The "wearing out" effect is more prevalent in the lower back, hips, knees, and feet. It is quite visible on x-ray.

So what can you do about the law of gravity? You'll

never change the law of gravity, so why not make use of another law. The power of a fluid to exert an upward force on a body placed in it is defined as buoyancy. The stress and strain to the joints of the body during exercise in water are greatly reduced by this characteristic of water. It is no wonder that so many doctors of chiropractic recommend a water exercise program as part of a recovery process in patients with back problems.

What a wonderful, natural way to combat osteoporosis ... swim regularly! This applies to people of all ages. What? You can't swim? That's OK, use the shallow end of the pool and do your aerobic workout standing in waist-deep water. What a workout, and fun, too!

When you have a spinal problem (whether the neck, mid-back, or low-back is involved), it is wise to keep one thing in mind before you begin your water exercise program. Spine problems often become worse with exercise! Be sure your spinal column is structurally sound before starting. Have a doctor of chiropractic check your spine if you have problems.

If symptoms arise following exercise, a chiropractic examination is a must.

Once the spine is properly aligned, my advice is to find a place to swim and then do so on a regular basis. You can't beat this activity for overall muscle conditioning, especially those that surround and support your spine.

A spinal examination may be obtained by calling the SCHLAUFFER CHIROPRACTIC OFFICE at 192 Shoemaker Lane, Agawam ... 789-1369.

TAMI NELSON - from Page 26

Copper, 1 to 2 mg; Iodine, 50 to 150 mcg; Iron, 15 to 30 mg. Men and post-menopausal women rarely need supplemental iron; Magnesium, 250 to 500 mg. When magnesium therapy is indicated, take a separate magnesium supplement.

Molybdenum, 10 to 25 mcg; Potassium, 200 to 500 mg; Selenium, 100 to 200 mcg; Silica, 1 to 25 mg; Vanadium, 50 to 100 mcg; Zinc, 15 to 45 mg.

To find a multiple vitamin and mineral formula that meets these criteria, read labels carefully. Be aware that you will not be able to find a formula that can provide all of these nutrients at these levels in one single pill. Usually it will require at least three to six tablets to

meet these levels.

While many one-a-day supplements provide good levels of vitamins, they tend to be insufficient in the levels of minerals.

Dr. Nelson maintains an office at Hampden County Chiropractic, 850 Springfield Street, Feeding Hills, 786-4820.

"For Your Health" is just one more reason why you turn our pages every week...

Support Groups, Courses, & Programs At Noble Hospital

Alcoholics Anonymous: Sunday evenings, 8:00 to 9:00 p.m. In Conference Room A at Noble Hospital, 115 West Silver Street, Westfield.

Free of charge. All are welcome.

Diabetes Support Group: Tuesday, July 25th, 1:00 to 2:30 p.m. In Conference Room A at Noble Hospital.

This program is free of charge and open to individuals who have diabetes and their support persons.

For more information, call Diabetes Nurse Educator Karen Ranen, M.S., R.N., C.D.E., at (413) 572-5178.

Bereavement Group: Wednesday, July 19th, 6:30 to 7:30 p.m. In the Bronson Music Room at Noble Hospital.

For more information, please call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services at (413) 562-7049.

Caregivers' Support Group: Wednesday, July 26th, 4:00 to 5:00 p.m. In the Bronson Music Room at Noble Hospital.

Call Kim Cressotti, R.N., at Noble Visiting Nurse and Hospice Services for more information at (413) 562-7049.

CPR Course: Wednesday, July 19th and 26th, 6:30 to 9:30 p.m. In the Education Department/Ground Floor at Noble Hospital.

This two-part course provides American Heart Association Adult, Child, and Infant Certification. The cost of the course is \$45.

To register or obtain more information, call Noble Hospital's CPR Line at (413) 572-5172.



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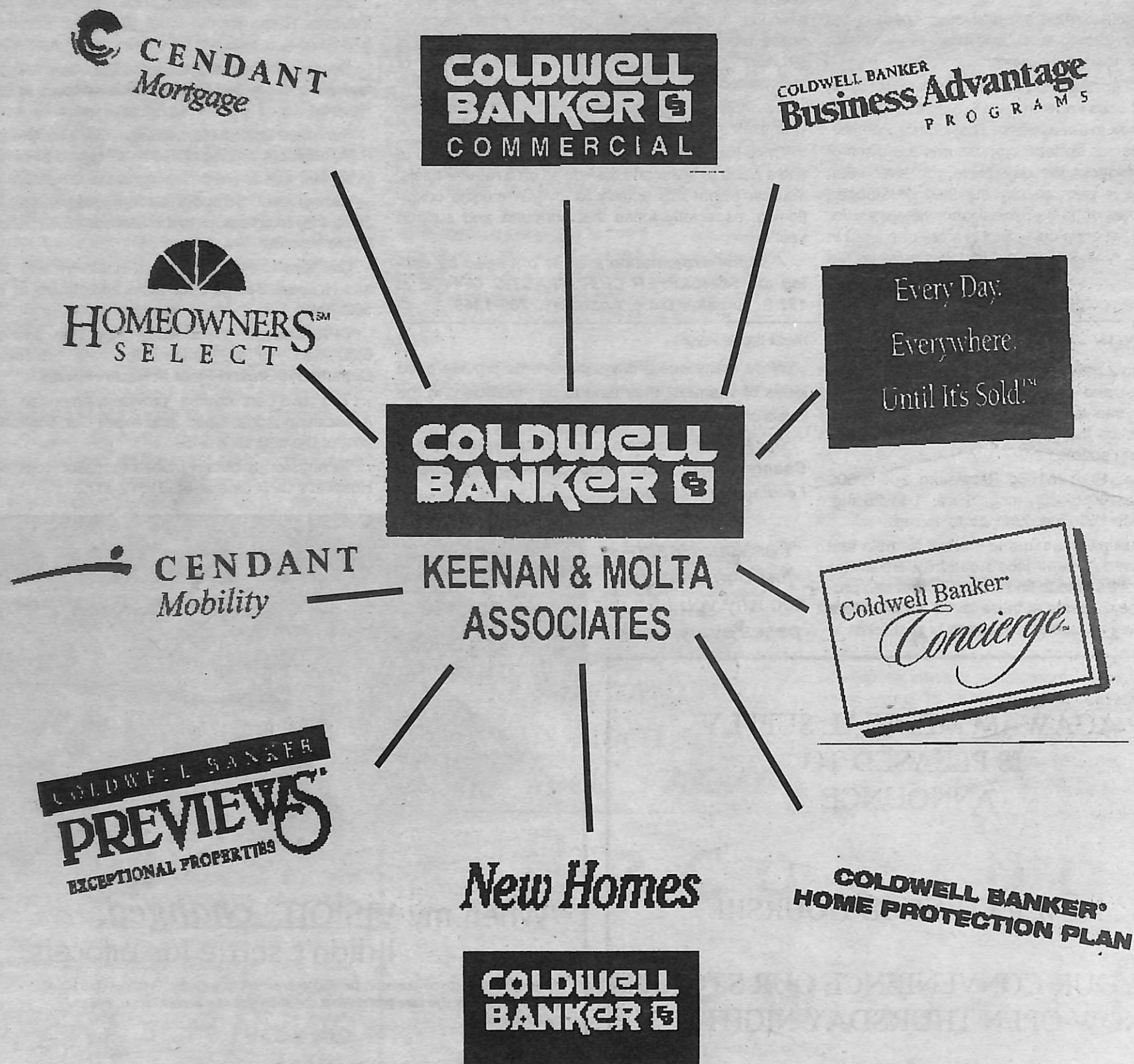
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P215/70R14 46.99 P235/60R15 52.99

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OUR BEST LT. TRUCK TIRE PRICE

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Save Thru July 20th with this ad!

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Heavy Duty Gas Struts Performance Gas Struts

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MAINTENANCE TUNE-UP

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- Set timing and idle (if applicable)
- Install new Bosch spark plugs
- Road test

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For vehicles with engine 2.0L and above. Payment plan & A/C tune-up extra.

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Arts



Walter Matthau Remembered...

July 1st saw the passing of one of film's most established legends ...Walter Matthau. Having appeared in nearly 70 motion pictures over the course of 50 years, Matthau left behind a legacy that will eternally immortalize him in film. In honor of his many accomplishments in the film industry, I have dedicated this week's article to this remarkable actor.

* "The Odd Couple": 1968, Rated G.

This film is one of Matthau's most remembered - Neil Simon's story about two divorcees who, due to the economics of divorce, decide to become roommates. Lemmon plays eternally tidy Felix Ungar and Matthau stars as the messy Oscar Madison. These two roles eventually became recognized as milestones for the comedy genre.

Neil Simon's adapted screenplay works so well that there are moments where you will laugh so hard your eyes will tear! There really is no limit to the monumental conflicts that can arise when two completely different personalities clash, as this film confidently displays. The sequence involving Oscar's poker game stands out as one of the funniest portions of the film.

"The Odd Couple" went on to spawn the popular television series starring Tony Randall and Jack Klugman, as well as a sequel, "The Odd Couple II," again with Lemmon and Matthau. It also received Academy Award nominations for Best (Adapted) Screenplay and Best Film Editing. **4 STARS.**

* "The Odd Couple II": 1998, Rated PG-13.

Jack Lemmon and Walter Matthau reunite in this hilarious sequel to Neil Simon's 1968 original "The Odd Couple." Simon scripted this reunion between sloppy Oscar Madison (Matthau) and orderly Felix Ungar (Lemmon). When the duo's children announce a wedding, Felix and Oscar meet up in California to embark on a road trip to the ceremony. Although they have been separated for many years, their supremely mismatched personalities collide again, creating some hysterical situations.

Director Howard Deutch creatively creates the comedy in this film without relying heavily on slapstick humor. Instead, he allows the successful duo of

Lemmon and Matthau to deliver the laughs naturally through dialogue. The main reason this film succeeds so well, I suspect, is because this director/actor trio had worked together before on another sequel, "Grumpier Old Men."

The storyline is very formulaic but works very well, nonetheless. There are three main parts to the film. First are the initial introductory laughs, much in the same vein as situational comedy. These laughs lead to an expected conflict which ultimately paves the way for a resolution. As mentioned, this is clearly an intended formula that Simon suspected would rejuvenate his classic characters. Indeed it does.

"The Odd Couple II" seems to have been destined to succeed. Even if the story is very predictable, the enthusiasm of the two principles is unmatched. The viewer consequently gets so caught up in the reunion that it enables the filmmakers to do whatever they please in terms of screenplay. Like Felix's fastidious ways and Oscar's carefree mentality, we have here a film that wasn't made perfectly but winds up a pleaser anyway. **3 STARS**

* "Grumpy Old Men": 1993, Rated PG-13.

The successful comedy duo Walter Matthau and Jack Lemmon star in this story about two single Minnesota retirees and their constant feuding. Their battles escalate to hilarious levels when an attractive widow moves into the neighborhood.

This film is indeed fun to watch, but from a technical standpoint there appears to be a few too many subplots going on at the same time. Fortunately, comedy is a film genre that does not necessarily command perfect filmmaking as long as there are the necessary laughs. With such a reliable duo, this is not a problem.

Also worth noting is the outstanding performance of Burgess Meredith as Lemmon's father. The sexual innuendo surrounding this character's development proves to be quite a riot!

As mentioned, the storyline does get a bit convoluted during the second act and, thusly, the conclusion of the film suffers. The subplots get wrapped up with a pretty bow at the end in what seems to be a haphazard fashion. If you're looking for something light-hearted for a weekend rental, then get this film. If you are looking for substance and profound meaning, this may just make you quite grumpy! **3 STARS.**

* "Grumpier Old Men": 1995, Rated PG-13.

Matthau and Lemmon reprise their roles from "Grumpy Old Men" in this sequel. The now reconciled duo find something else to argue about ... their children's wedding. They do, however, agree on some-

thing in this film; they do not want their favorite bait shop turned into a restaurant.

I hesitate to call this film a carbon copy of the first film, but there are times where it seems that's exactly what it is.

The laughs are there, but this is primarily due to the actors' engaging performances more so than the scripting. This is a fine example of the importance of dialogue delivery versus just dialogue. Matthau and Lemmon are old hands at this by now, and their on-screen chemistry makes it worth watching.

Burgess Meredith returns as Lemmon's dad, as does the same dirty mind he possesses. The appearance of Sophia Loren also gives this sequel a much needed injection of life. The result is much the same as the first time around; a film that is not the epitome of the perfectly made film, but one that has enough talent to rescue this romp from the dredges of the ordinary. **3 STARS.**

* "PISANO'S PICKS" REVIEW GUIDE: **5 STARS** - Extraordinary; **4 STARS** - Excellent; **3 STARS** - Good; **2 STARS** - Average; **1 STAR** - Watchable; **0 STARS** - Avoid.

Please send comments and film requests to "The Agawam Advertiser News," Attention: Lou Pisanos, P.O. Box 263, Feeding Hills, MA 01030.

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Enjoy The Work Of Area Artisans At "Sheepgate" In Blandford

Looking for a short trip on a Saturday or Sunday afternoon? Come to SHEEPGATE, Otis Stage Road (Rt. 23), Blandford, MA, and enjoy the area artisans in the program TALENT IN THE TENT. Sheepgate is a showplace for the textile arts, with handwoven items and creations of local artisans.

Look for the PINK TENT and stop and enjoy the free programs. Items created by the artisans will be available for purchase.

TALENT IN THE TENT will present demonstrations of several of the many artisans in the area:

* **July 15th:** Sculpture - Joseph Callaway, candy-making; Joyce Ripley, maple sugar candy using a candymaking machine.

* **July 16th:** Wooden pens, jewelry, and the use of

a portable lathe to turn pieces - Richard Kunst, known as Richwood.

* **July 22nd:** Custom boat-building/building a kayak - Larry Gould.

* **July 23rd:** Custom doll creations (one of a kind) - Love LaRue.

* **July 29th:** Native American clothing and artifacts - Carl Monty of the Lakota tribe and Monica Alexander of the MicMac tribe.

* **July 30th:** Fine artist (watercolors, pen and ink) - Marie Flahive.

The August schedule will be available the last week of July. For further information, call (413) 848-0990. SHEEPGATE is open Thursday through Sunday from 11:00 a.m. to 6:00 p.m.

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IN LEFT PHOTO: The "Memories" Big Band in concert, including vocalist Diane Durin, bass player Bob Ouellette, and pianist Lee Desrosiers. IN RIGHT PHOTO: Lead sax and clarinet player Russ Ficarra introduces a number by the "Memories" Big Band. The band will be performing at the Veterans' Green in Agawam on Wednesday, July 26th.

Summer Concert Series To Feature "Memories" Big Band At The Veterans' Green On Wed., July 26th

The "Memories" Big Band will be featured at the Wed. evening concert on July 26th. The program, "On the Green," is part of the Summer Concert Series sponsored by the Agawam Cultural Council, starting at 7:00 p.m.

The full-size group of 17 Northern Connecticut and Western Massachusetts musicians consists of five saxes, four trumpets, four trombones, piano, bass, and drums, plus a vocalist.

From a library of over 300 arrangements, the band will evoke memories of many of the "Big Bands" of the 30's and 40's that dominated the popularity charts of that era. Also included will be the "big band sound" applied to more recent quality tunes that have become standards.

Meet The Band

Band organizer/leader Bud Halpin from Somers, Connecticut started the group several years ago and began the search for arrangements that exemplified the best of the Big Band sound. Lead sax and clarinet player Russ Ficarra will evoke memories of the Benny

Goodman Band with a solo on "Let's Dance" (the Goodman theme song), and Artie Shaw with his memorable work on "Begin the Beguine." Bob Hastings, also from Somers, provides the bottom of the sax section with impressive sounds on the baritone sax. Saxophonist Ted Catino, a retired band director from East Windsor, has also provided the band with some of its finest arrangements. Rounding out the sax section are Jack Bethel from Hampden and Chuck Lipp from East Longmeadow with some fantastic solo work on tenor.

Solos in the trumpet section are provided by Chris Donelan of Enfield on "Stardust," "American Patrol," and "Jumpin at the Woodside." Jim Tarduff, also from Enfield, is featured on many solos, including "Serenade in Blue," "It Had to Be You," and "Good-Bye." Brian David of Feeding Hills emulates Frank Sinatra on "My Way," Bunny Berigan on "I Can't Get Started," and does an excellent recreation of Henry Busse's "Sugar Blues." Darcy Davis provides the bottom of the trumpet section and solos on "Bye, Bye

Blackbird," "Little Brown Jug," and "Li'l Darlin'."

Trombone section leader Jack Lazar of Somers does his bit with "I'm Getting Sentimental Over You," with other trombonists, Doug Wentworth from Enfield, Bob Burns of Mansfield, and Bill Ingals of Monson, providing the mellow background for "Moonlight Serenade" and "The Very Thought of You."

Pianist Lee Desrosiers of Springfield and bass player Bob Ouellette from East Longmeadow make up a great rhythm section along with drummer Bud Halpin.

Vocalist Diane Darin of Springfield will remind you of Helen O'Connell, Helen Forrest, and June Christy with her renditions of "Green Eyes," "I've Heard That Song Before," and "Willow Weep For Me."

The "Memories" Big Band has recently played for the Friday night dance at the Agawam Senior center and provides dancing and entertainment for many programs and dinner dances in the Springfield and Hartford area. The July 26th concert will take place in the Phelps School in the event of inclement weather.

Boston's "Wildest Dreams" To Appear In Agawam On Wednesday, July 19th

On Wednesday, July 19th, the Agawam summer series brings one of the year's most acclaimed and lively bands to Veterans' Green - Wildest Dreams.

According to Patricia Smith of The Boston Globe, "...their music is an irresistible blend of driven African downbeats, rollicking calypso, roots reggae, and R&B. They should definitely be seen and savored." Fronted by the spirited vocals of Alice Johnson (once described by the late maestro Leonard Bernstein as "Superb!"), the Boston-based group has performed at festivals, theatres, clubs, and colleges throughout the Northeast as well as a recent one-week concert tour of Aruba.

They were a featured act at the Boston Globe Jazz Festival and played at Giants Stadium for the World Cup Soccer Championships. The band members bring impressive credentials. Keyboard player Andy Holiner has appeared with the Platters and won the

1982 Nashville Music City Song festival.

Alice Johnson has been featured as a soloist with the Symphony of Boston and has made several guest appearances on *Mister Rogers Neighborhood*.

The remaining members are all graduates of the Berklee College of Music and have extensive musical backgrounds. This marks the band's first concert in Western Massachusetts since a show at Pearl Street in Northampton last year.

CD's and T-shirts will be available at the show. The night's entertainment is presented by E.B.'s Restaurant.

For additional information, call 789-7383 or on the web at www.agawamcc.org.

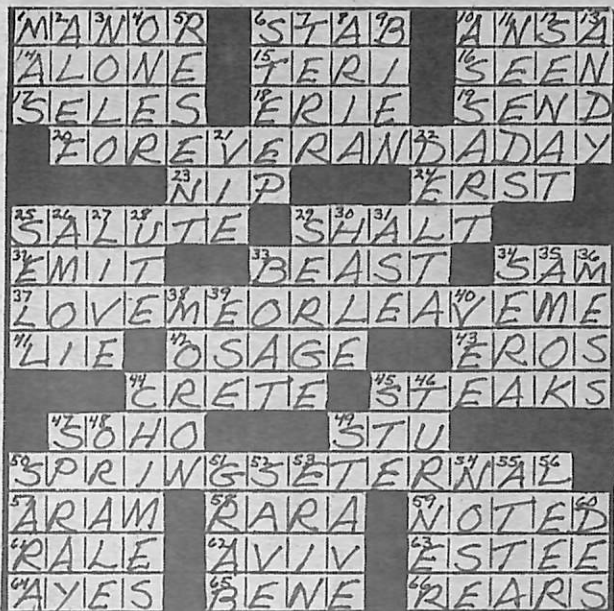
The free summer-long series is presented by the Agawam Cultural Council and the Agawam Rotary Club.



WILDEST DREAMS

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Last Week's Solution...

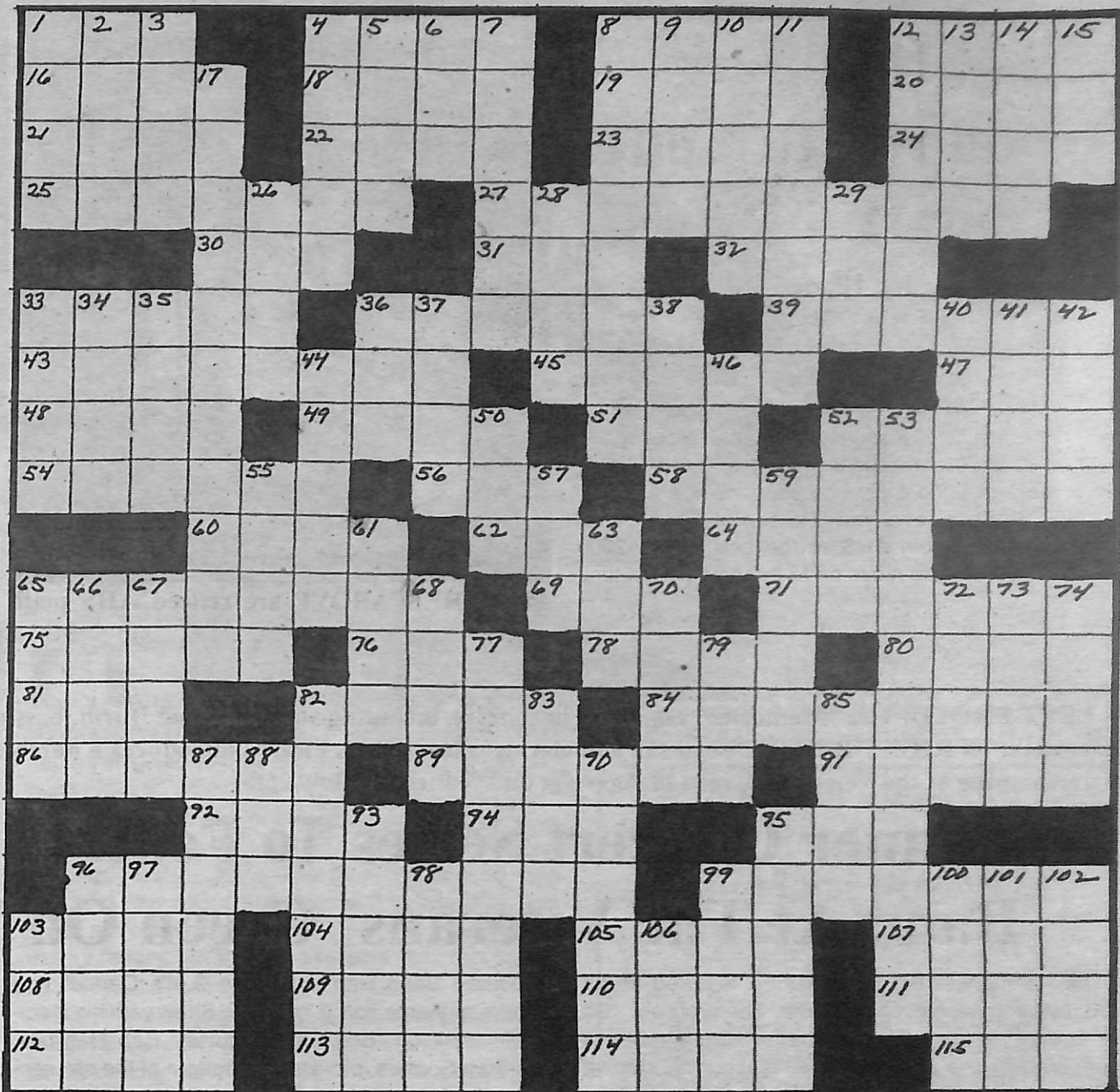


ACROSS

- 1 Dance step
- 4 Blemish
- 8 Dueler's memento
- 12 Baby beef
- 16 Biblical town
- 18 Opera set in Egypt
- 19 Ashen
- 20 Baseball family name
- 21 Singer
- 22 Abby
- 23 Semite
- 24 April event
- 25 Played the lead
- 27 Peter Pan on Broadway
- 30 Mays, the Say Hey
- 31 Malay gibbon
- 32 Sioux Indian
- 33 Khatchaturian et al
- 36 In any case
- 39 Entangle
- 43 Musical composition
- 45 Grassy area
- 47 Day of the week
- 48 Zesty flavor
- 49 Lab burner
- 51 Stallone
- 52 Acid type
- 54 Came down white
- 56 Ottawa's province
- 58 Prolific arctic rodents
- 60 Lupino and others
- 62 Matrix component
- 64 Pew or banc
- 65 Curtail expenses

- 69 Go one better
 - 71 Moor
 - 75 Weaver sci-fi classic
 - 76 Western
 - Hemispheric org.
 - 78 Alert
 - 80 Injure
 - 81 Palmer of baseball
 - 82 Binge
 - 84 Look alike
 - 86 Agreement
 - 89 Most towns have one
 - 91 Goes up
 - 92 Pinky and Peggy
 - 94 Celsius (abbr.)
 - 95 Buddy
 - 96 Singer/actress born Beatrice
 - 99 Enraged yells
 - 103 Venitian magistrate
 - 104 Lisa with a smile
 - 105 Show concern
 - 107 Entertainer Adams
 - 108 Algerian port city
 - 109 Somme seasons
 - 110 Snare
 - 111 Carry on
 - 112 Pros and
 - 113 Take a siesta
 - 114 Transgresses
 - 115 Agreement word
- DOWN**
- 1 House
 - animals
 - Landed
 - 3 Yemen capital
 - 4 Lost color
 - 5 Told a whopper
 - 6 Actress Rehan

Meet The Master - by Dick Mastroianni...



- 7 In a loving manner
- 8 Small birds
- 9 Suave Grant
- 10 Texas shrine
- 11 Returned money
- 12 OPEC for one
- 13 Jai follower
- 14 Type of chop
- 15 and games
- 17 He hit 70 in 1998
- 26 Go up
- 28 Sounds of pleasure
- 29 Howard who played Opie
- 33 Play segments
- 34 Reddish-colored horse
- 35 Year (Lat.)

- 36 Lawyer (abbr.)
- 37 Double turndown
- 38 Room partition
- 40 Infamous Idi
- 41 Hanoi fighters (slang)
- 42 Slaughter of baseball
- 44 Fortification
- 46 Certain breads
- 50 Over out
- 52 "For All Seasons"
- 53 "Sing Along With" guy
- 55 First garden
- 57 Little child
- 59 Ways and

- 61 Old English poet
- 63 Pull behind
- 65 Indian prince
- 66 Yale men
- 67 Conway and Holt
- 68 Musical Moss
- 70 Young salmon
- 72 Central areas
- 73 Shield border
- 74 Map abbrs.
- 77 Land facing the Atlantic
- 79 Stimp's pal
- 82 Tramp's ship?
- 83 Eternally
- 85 Pertaining to time periods
- 87 Barkin and Drew

- 88 Corn husker state
 - 90 Puts into office
 - 93 Hit in a Biblical way
 - 95 Chatters like a chick
 - 96 Phil. tribesman
 - 97 Actor Richard
 - 98 Singletons
 - 99 Muffin type
 - 100 Singer Anita
 - 101 and dine
 - 102 Matched pairs
 - 103 Medic's title
 - 106 Jackie's second
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Education

Ag. High Says Goodbye To Four Wonderful People

by Jen Niedziela
Feature Writer

"I'm looking forward to the change. I've been a teacher for a long time. I'm happy to be 'graduating,' moving on to the next phase of my life."

And such is how Rosemary Stratton expressed the sentiment of the teachers that are retiring from Agawam High School. Four teachers, Edward Merrill, Gerald Smith, Beverlyan Pasternak, and Mrs. Stratton, retired from AHS at the end of the 2000 school year, ready to move on to the next part of their lives.

Gerald Smith, business teacher since 1965 and pioneer of the entrepreneurship program at AHS, will be putting his business skills to the test. Smith, owner of Agawam Auto School, will be putting his effort full-time into expanding his new business, Responsible Driver Auto School. "It's going to be a full-time job," said Smith.

"I'm going to miss the teachers," he said. "A lot of us have been together for a couple of decades. I'm going to miss the cafeteria," he said with a laugh and a smile. "I won't miss getting up at 6:00 a.m. every day, though. I plan to sleep until 8:00."

Smith has been a teacher at AHS since 1965. He received his master's degree from American International College and master's in business administration from Western New England College. He was training to be an accountant, but he wanted to get into teaching and coaching. "Coaching especially was on my mind, and at that time, you couldn't be a coach and not be a teacher," said Smith. And coach he did. Over 25 years, Smith coached AHS baseball to 13 league championships. He also coached basketball for 10 years over that time.

Smith was the trailblazer for the entrepreneurship program at AHS. A class that guides students in how to open and maintain a business, entrepreneurship has become one of the most widely selected electives at the High School, with nearly 120 students enrolled each year.

"It's definitely one of the most popular electives," said Smith. The entrepreneurship class is responsible for the student store. With the departure of Smith, Michael Simpson will teach the class next year.

"It's been great," says popular psychology teacher Edward Merrill, retiring after 33 years of teaching. A diverse person, Merrill has taught psychology, English, history, consumer math, and biology. "Well, if they needed someone to teach a subject, they'd call me up, and I'd say, 'Sure!'" said Merrill with a chuckle. "I liked teaching psychology the most. It was definitely my favorite."

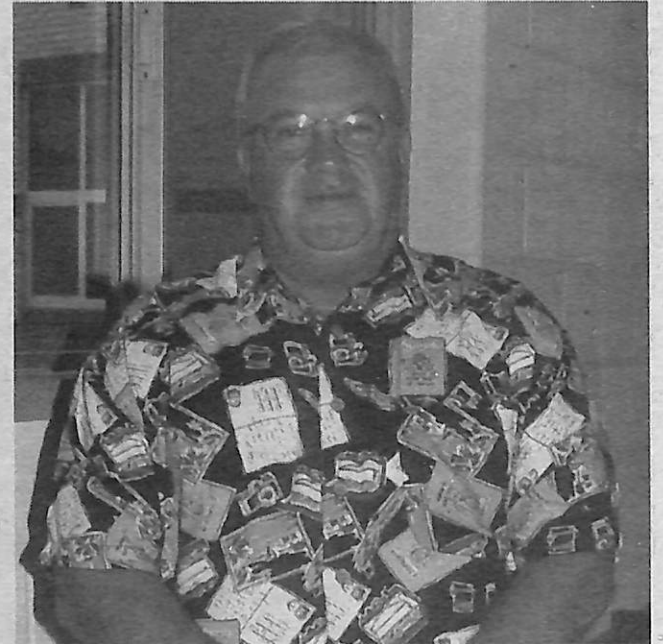
Having graduated from Westfield State with an English major, Merrill also has a graduate degree in psychology.

With plans to travel, improve his cooking skills, work on his garden, and to read, Merrill sounds like he's ready to go on. "It's time to move on and get on with the next phase of my life," he said. "I'm going to miss the students. I've taught a huge number of students every year. I'm also going to miss the teachers. I've made many friends over the years who I hope to remain friends with."

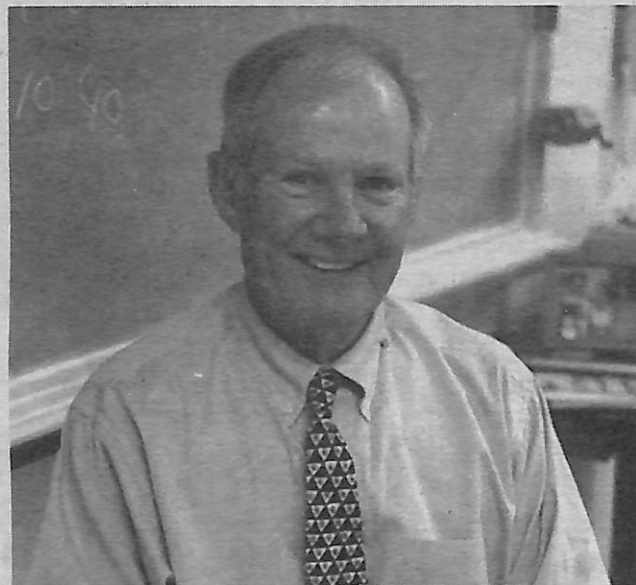
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PICTURED ABOVE are retired AHS math teacher Beverlyan Pasternak (left photo) and retired AHS business teacher Gerald Smith (right photo). **IN LEFT PHOTO BELOW:** retired Agawam High psychology teacher Edward Merrill. **IN RIGHT PHOTO BELOW:** Retired AHS English teacher Rosemary Stratton (far right) was honored at a recent Agawam School Committee meeting for her many years of leading the English Dept. at AHS. School Committee vice-chairwoman Rosemary Sandlin presents a citation to Mrs. Stratton while State Representative Daniel Keenan looks on. Advertiser News photo by Jennifer Niedziela.



"Well, it depends on how my golf game develops, really," said Beverlyan Pasternak with a laugh. "If it doesn't get better, I'll probably start to do more!" A math and science teacher for 27 years, 18 years of which were spent at AHS, she's taught a lot during her tenure as a teacher.

Having taught math and physical science at Chicopee Comprehensive and Chicopee High before coming to Agawam, she helped in the pilot program of

vocational skills support at Chicopee Comp.

"We showed kids how to do things they'd need in a technical application - reading schematics, blueprints, things like that." The program is still in existence, and is now state-funded.

While at Agawam, she started the Math Team and Math Club. The Math Team is a group of students that

SEE RETIRING TEACHERS - Page 34

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RETIRING TEACHERS - from Page 33

competes in the Math League, while the Math Club supports the Math Team and does many civic-minded things, including can drives and coat collections. "It includes a lot of kids," said Mrs. Pasternak. "It gives them a feeling of belonging to something in our school."

Before becoming a teacher, Mrs. Pasternak worked as a nurse. Graduating from Baystate Medical Center, she was the head of pediatrics for a time before going back to Elms, majoring in math education, receiving a master's in the field. With a primary certification in math, she has minors in science and sociology.

While here at Agawam, she has taught most of the math courses - algebra, geometry, and advanced math. "I loved teaching. Loved every second of it. I'm going to miss the kids and the faculty. The faculty is what makes Agawam great. It's the faculty. They care about education, and they care about the community's children."

Mrs. Pasternak is certainly a busy woman. She's been offered three part-time college positions, and is the president of the Alpha Chapter of Delta Kappa Gamma, the society of women educators. "I think that 'retirement' has a negative connotation. It's become to mean 'slowing down.' I don't think I'll be slowing down. I think I'll be refocusing."

"I feel like I could teach another 10 years standing on my head," said Rosemary Stratton, "but it's time to spend time with my husband and grandchildren." Mrs. Stratton, an English teacher at AHS since 1961, has been active in the school during her time there. She taught choreography, was the advisor to "As Schools Match Wits," was the coordinator of the English Department since 1972, and she also coached girls' track to a Western Mass. championship. It's safe to say Mrs. Stratton has enjoyed a variety of experiences. "I've loved everything I've done. I've had such a wonderful time."

Before coming to teach at Agawam High, Mrs. Stratton worked in Florida teaching Cuban children to speak English. She was looking into working in advertising when she was offered a job as an English teacher at the High School in 1961, and she came back to take it. Leaving in 1965 to raise her children, David and Ellen, she came back in 1969 when a high ability English teacher was needed. "I've loved teaching English. I've loved my time here at Agawam."

Mrs. Stratton plans to exercise some hobbies. She wants to get back into swimming, and to work on her golf game. She plans to travel, and to spend more time with her husband and grandchildren, Danielle and Samantha. "I won't miss the correcting!" she says with a grin, "but I'll likely never stop preparing. I'm always going to keep reading, picking apart literature, looking for the meaning."

"I'll miss the kids. I loved interacting with the students. I'll also miss the teachers - the friends that I've made here. They're just wonderful people. They are intelligent, cooperative, and wonderful people. I really will miss them."

St. Mary High's Summerfest On Sun., July 23rd

"We're kicking off the next 100 years!"

The first annual St. Mary High School Summerfest has been slated for Sunday, July 23rd, from 2:00 to 7:00 p.m. It will take place at the Sons of Erin Pavilion, 22 William Street, Westfield.



BAMBI SCHOOL HELD ITS 33RD annual graduation with the Class of 2000. Teachers AmyAnne Tyrell and Sylvia are pictured with the little grads. Advertiser News photo by Kathy Shepard.

Bambi School Holds Annual Graduation Ceremony

On June 29th, Bambi School, 22 Vernon St., Agawam, held its 33rd annual graduation ceremony. The graduates, years of attendance, and their placements are as follows:

Nathan Nazarenko, three years, St. Thomas; Joseph Hibbert, three years, Phelps; Mary Molloy, two years, Granger; Nicholas Noto, two years, Granger; Mark Noto, two years, Granger; Sabrina Serra, two years, Granger; Andrew Racette, two years, Robinson; Allison Weiner, two years, Robinson; Khalid Denny, two years, Robinson; Gregory Frasco, two years, Phelps; Kuyler Davidson, two years, J.

Clark; Jeremy Blackwelder, two years, Westfield; Kelsey Niziolek, one year, Granger; Domenic Liquori, one year, Granger; Jeffrey Marvel, one year, Phelps; Samantha Coard, one year, West Springfield PS; Cara Waterman, one year, Suffield PS; Dominic Blad, one year, Chicopee PS; and Kaeli Howard.

The staff of Bambi School, including Miss Sylvia, Miss Amy, Miss Breda, and Nonnie, thank each and every graduate and their families for being a part of our family and wish them all the luck and happiness in their future endeavors.

Melissa Murphy Graduates From Assumption College

Melissa Jean Murphy, daughter of Mr. & Mrs. Timothy J. Murphy of Feeding Hills, recently graduated from Assumption College in Worcester. Melissa received a bachelor of arts degree in biology.

Assumption College, founded in 1904 by the Augustinians of the Assumption, offers a Catholic, liberal arts, and sciences education to 2,000 undergraduates along with programs for graduate and continuing education students.

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Agawam Library Part Of Statewide Summer Reading

by Jen Niedziela
Feature Writer

"Open Books, Open Frontiers," the Summer Reading Program sponsored by the Massachusetts Regional Library System and the Agawam Public Library, is now in full swing.

The program, which has been implemented to encourage children to maintain their reading skills during the summer, invites the youth of Agawam to explore the new and exciting worlds that can be opened to them through books.

Started on June 14th and running until August 10th, all children (toddlers and preschoolers included) and young adults with a library card can join the Summer Reading Program. After signing up, the participants will borrow reading materials from the library and the fun will begin.

Every day that a participant reads more than 15 minutes, they will mark the time that they've read in a "log book" and bring the log with him to the library. For each day that a child reads, he or she will receive a raffle ticket for the prize raffle to be held on August 10th at 11:00 a.m. Also, if a child reads for three days, he or she will receive a gold star to place on the library wall, and for every day of reading after that, they will receive another star to add to the display.

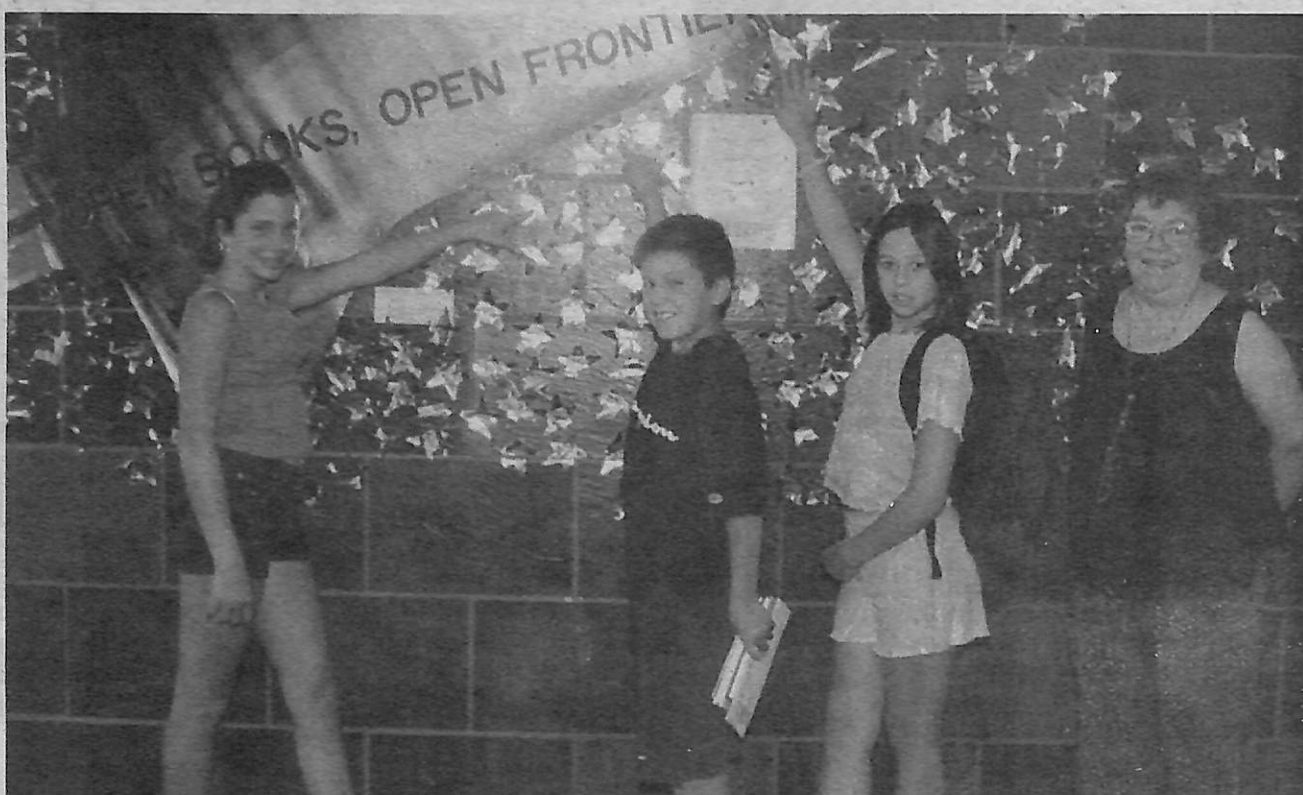
After 25 days of reading, a participant will receive a "Certificate of Completion," signed by Governor Paul Celluci, signifying their excellent performance in the Summer Reading Program.

Program participants do not need to be present at the August 11th raffle, as they will be notified by phone should they be selected to win a prize. "The more a child reads, the better his or her chances are," said Jeanne Hoffman, children's librarian. Milton Bradley and other local businesses have donated the prizes.

"We want to encourage the kids to read," said Mrs. Hoffman. "We want them to read for pleasure, but also to help them retain what they've learned in the past school year. Sometimes kids don't do any reading, and they lose a great portion of what they've learned."

Indeed, in the past, studies have been done that show that children who do not read during the summer months lose as much as 35 percent of the skills they acquired in the previous school year. Another study finds that children who participate in summer reading show an increase in vocabulary scores on standardized tests, as well as an increase in comprehension scores.

The Summer Reading Program is also connected to the Accelerated Readers curriculum of the Agawam School System. If a student wishes to participate in the accelerated readers portion of the summer program, he or she must choose books to read from the lists of books that have been designated by the schools. When the student finishes a book, he or she



SUMMER READERS (from left) Marisa Garreffi, Frank Rigali, Amanda Bond, and Children's Librarian Jeanne Hofmann point to the stars on "Starring Summer Readers." Each star on the wall represents at least three days of reading. Over 700 children signed up for this summer's reading program. Applications are still being accepted by the Agawam Public Library. Advertiser

News photo by Kathy Shepard.

must fill out a Book Summary and bring it back to the reference desk, and the completed book summaries must be shown to the appropriate faculty members upon the student's return to school for Accelerated Reader testing.

Lists of books assigned to the Accelerated Reader Program are available at the library in the Young Adult area and the Reference Desk. All reading done for the Accelerated Reader Program will also count toward the daily reading for raffle tickets.

"Open Books, Open Frontiers" is sponsored and funded by the Massachusetts Regional Library

Systems. Every town library that offers it customizes this statewide program to best benefit the children. The MRLS gives the libraries this flexibility so as to enhance the program for each community. All the materials which are to be used in the program, including posters, log books, bookmarks, and other items, are all distributed to participating libraries, free of charge.


For more information, head down to the library on Cooper Street, or log on to the Massachusetts Regional Library System's website at <http://www.wmrls.org/sum/index.html>.

Local Youngsters Earn Girl Scout Silver Award

Cadette Girl Scouts Christina Metcalf of Agawam and Rebecca Berta, Jenine Davignon, Suzanne Dudley, Amanda Rozanski, and Angeline Simone of Feeding Hills have earned the Girl Scout Silver Award, the second-highest recognition a girl can achieve in Girl Scouting. The Silver Award signifies a girl's growing skills in leadership and service to others, and is the top honor for this level. Cadette Girl Scouts are in grades six through nine.


Metcalf, from Troop 549, organized a benefit dinner for Richard Randall. The other five girls, from Troop 547, devised and set up a "Kids' Korner" tent to look after the needs of participants' children at the recent Relay for Life marathon for the American Cancer Society.

All of these Cadettes had to complete interest projects, explore career options, and take the Cadette Girl Scout Challenge - learning about herself, her community, and Girl Scouting. They also had to put at least seven hours into their community service project in order to qualify for the Girl Scout Silver Award.



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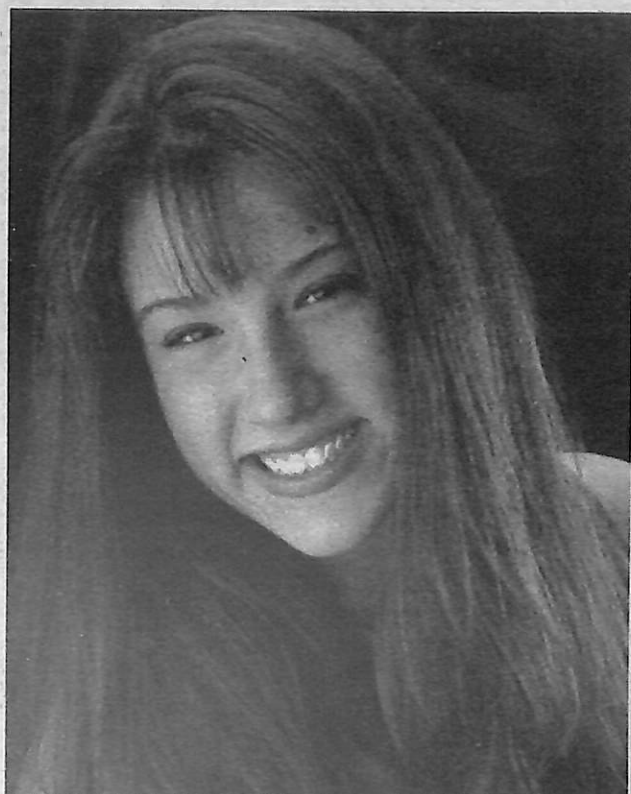


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SHEREE CARDIN

Sheree Cardin Named To Dean's List at MCLA

Sheree Cardin, a 1998 graduate of Agawam High School and daughter of Roger and Claire Cardin, has been named to the Dean's List of Massachusetts College of Liberal Arts for the last three semesters. Sheree currently holds a 3.6 GPA and is majoring in Biology with a minor in Chemistry.

Last summer she was selected to work as an Orientation Leader and this past semester served as Resident Advisor. She also coached North Adams-Drury High School's Cheerleading Team to their first competition season.

Recently, Sheree was elected President of "Kappa Delta Phi" - Nationally Affiliated Sorority, Omicron Chapter.

Michael Rose Receives Northeastern University Honors

Michael K. Rose of Agawam, MA was honored recently at Northeastern University's Honors Day banquet. Rose, a student in the College of Arts and Sciences, received the President's Award which is given to students of outstanding academic achievement.

Phi Kappa Phi, the national interdisciplinary honor society, sponsors the annual event to recognize Northeastern students with outstanding scholarly achievements.

Northeastern University in Boston grants degrees through seven colleges and nine graduate and professional schools. Under the University's cooperative education program, students alternate traditional classroom instruction with professional work experience in their chosen field during a rigorous, five-year undergraduate course of study. Representing a variety of cultural and ethnic groups, students come from throughout the United States and more than 100 other countries to experience Northeastern's dynamic learning environment.

Sign Language Camp To Be Held Aug. 7-11

A "Sign Language For Beginners" Camp will be held from 9:30 a.m.-12:30 p.m., August 7th-11th, 127 James St., Feeding Hills. Lessons will be taught by Susan Michalak (references available) at a cost of \$44 per student (materials included).

Call 789-1149 to register by August 1st.

"Reiki" To Be Offered At Westfield State

As a part of our "Healthy U" course offerings in Lifelong Learning, Westfield State College is now offering courses in *Natural Healing Through Reiki*. This Japanese technique for stress reduction and relaxation methods promotes many beneficial effects to the body's deepest levels, where disease, disharmony, and illness begin.

Obtain relief from stress and pain while energizing the immune system, and provide balance and healing to the body, mind, and spirit. Students will learn how to use the natural flow of energy through their hands

to promote healing and well-being in the body. No prior training is required.

Reiki level one will be held on Monday evenings, September 18th, 25th, and October 2nd from 6:00 to 9:00 p.m. Reiki level two will be held on Mondays evenings, October 16th, 23th, and 30th, from 6:00 to 9:00 p.m. Tuition for each level of Reiki is only \$125.

To register or for more information, please contact the Lifelong Learning Office at Westfield State College, (413) 572-8034.

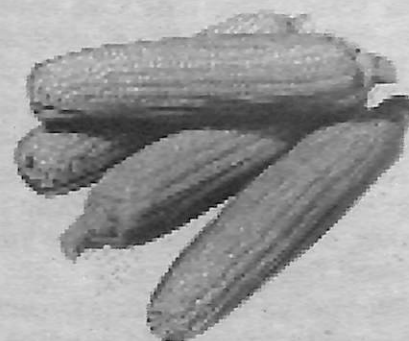
Tabitha Schutt Named To PVC Honor Roll

Tabitha R. Schutt, an Agawam High School student, achieved the Honor Roll for the fourth term while studying at the Lower Pioneer Valley Collaborative's

T.A.P. School in West Springfield.

She will be a junior this September.

Richard Stepanik Farms 1033 Shoemaker Lane, Feeding Hills NOW PICKING OUR OWN NATIVE CORN

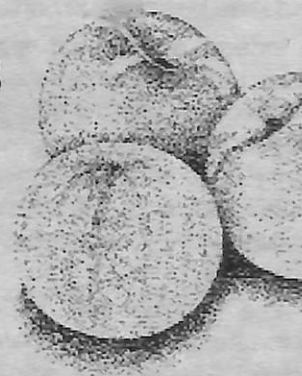


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Certificate In Investigations Offered At Westfield State

This fall, Westfield State College's Lifelong Learning Program is offering courses which will lead to a "Certificate in Investigations," one of the fastest growing career fields nationwide and the only program of its kind in our area.

The introductory workshop, "Exploring Careers in Investigations," will be held on Saturday, September 9th, from 9:00 a.m. to 3:00 p.m. Tuition is \$59. Students must pre-register for this workshop by calling (413) 572-8034.

This professional development program prepares students for entry-level employment in investigations, including loss-prevention and corporate investigations, as well as private investigation. Students will receive a certificate upon completion of the introductory workshop and three courses. The program, which can be completed in six months, is open to adults of all ages, backgrounds, and educational levels.

Courses include Public Information and Internet Resources for Investigations, Introduction to Civil and Criminal Investigations, and Ethical Issues for Investigators. The fee for each course is only \$149.

The instructor for the Investigations Certificate Program is Alan Rogers, who has an MBA in finance and 26 years of experience in investigative management positions with national retail firms. He is also the owner of a local investigative company and is currently the director of the Defense Investigators Group, where he is licensed in 10 states to conduct insurance and corporate investigations.

To learn more about this or any of our Lifelong Learning courses, please call the Lifelong Learning Office at Westfield State College at (413) 572-8034.

MacDuffie Students Earn Honors On Language Exams

All language students at The MacDuffie School participate in national language contests and examinations to test their skills against a national standard.

The Latin students participated in the National Latin Exam, sponsored by the American Classical League. Awarded Magna Cum Laude for Level Two Latin was Emilie Tami of Feeding Hills.

MacDuffie Spanish students participated in the National Spanish Exam, sponsored by the American Association of Teachers of Spanish and Portuguese. Stefanie Goyette of Feeding Hills earned sixth place on the Level Four Spanish Exam.

The school's French students participated in the National French Contest, sponsored by the American Association of Teachers of French. Jeffrey Woodard of Feeding Hills earned eighth place on the Level Two French Exam. Stefanie Goyette tied for second place on the Level Four French Exam, with Melody Serafino of Feeding Hills earning ninth place.

The top eight scorers of each category of the National French Contest also compete for national honors. Stefanie Goyette tied for 10th place on the Level Four National Contest.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you. ADVERTISER NEWS!!!



KARA MCDADE

Kara McDade Graduates From Keene State

Kara McDade, daughter of Ed and Brenda McDade of Feeding Hills, graduated with a Bachelor of Science Degree in Dietetics/Nutrition from Keene State College.

Kara has also been named to the Dean's List for the fall and spring semesters with a GPA of 3.89.

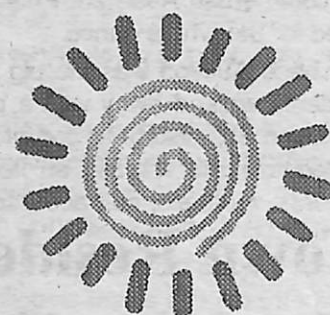
While attending Keene State, she was selected to be named to the 2000 *Who's Who Among Students in American Colleges and Universities* and also received the Outstanding Senior Service Award.

Kara is a 1996 graduate of Agawam High School and was accepted into the Dietetic Internship Program at Virginia Tech for the fall semester.

- ADVERTISER NEWS -

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IN LEFT PHOTO ABOVE, AGAWAM MIDDLE SCHOOL PTO members Sheri Sausville and Laurie McCaslin work the popcorn booth at the school's sixth-grade "Blast Off" Dance. The popcorn machine was donated by Lisa McMann. IN RIGHT PHOTO: Sixth-graders, including Danielle Parks, Erica Lyman, and Denise Sekula party with a flamingo at the "Blast Off" Dance.



Agawam Middle School "Blasts Off!"

The sixth-graders at the Agawam Middle School had a great time at the annual Blast-Off Dance in the Middle School cafeteria held before the end of the school year. The dance celebrated the children blasting off from grade school to the Junior High level.

This year's theme was a Beach Party and the cafeteria was decorated to fit the bill. Students and parents made giant posters carrying out the theme. They put up beach-related props like pink flamingos, boogie boards, and fish, along with making an "Ice Cream Shack" and a "Snack Shack." Leis were even handed out at the door to all students who attended. Parents and local businesses donated candy, soda, and goodies to eat.

DJ Big Al from Tom Melbourne Productions spun a great selection of songs for everyone to dance to - even the chaperones! The foreign language teacher, Mrs. DeForge, and some of her friends showed the students how to "salsa" dance. She had taught some of the children how to dance in class, but others saw the dancing for the first time. Then, the kids showed her how they dance. It was fun!

"This was the most well-behaved class so far, and all the students appeared to be having a great time. I did, too!" commented Assistant Principal Lou Conte, who stayed for the whole dance.

The Chinese Auction was the big hit of the night. Many students walked away with a prize! Each student was given five tickets to put into any prize bag they wanted towards winning an item. There were boogie boards, footballs, hair accessories, gift certi-

cates, a backpack, and many more items.

The committee would like to thank the following local businesses that generously donated items for the Chinese Auction: Agawam Family Cinemas, Agawam Flowers, Axler's Bicycle Corner, Bruno's Pizzeria, Crystal Ice, College For Kids (STCC), Dave's Soda & Pet City, Dazzler's Salon, E.B.'s Restaurant, Games & Lanes, H.P. Hood Company, Luigi's Pizza 'N Pasta, McDonald's, Nicky's Pizzeria, Sand Trap, Six Flags New England, Strawberries, and Salon Tres Chic.

The committee would like to thank all the parents, chaperones, teachers, and students who helped make this year's dance a success. Best of luck to all the students as they go on the Junior High next year!

Accelerated Readers Earn High Points

Fifty-seven seventh-graders have exceeded the required points for the "Accelerated Reader" Program in the Agawam Junior High School Reading Classes. The "Accelerated Reader" Program is a state-of-the-art method to encourage students to become lifelong readers and learners.

Through the use of a computer, students answer questions about books they have read and "earn points." Points are awarded based on the difficulty (level and length) of the book and the percentage of correct answers to the questions asked. The Junior High program currently includes questions for over 1,700 books appropriate for seventh- and eighth-graders.

Those students earning impressive point totals are: William Bertrand, Stacy Boisvert, Kevin Clark, Leah Cook, Kelly Follis, Joseph Fortunato, Courtney Garrett, Bethany Garvin, Caitlin Geaughan, Jaclyn Geaughan, Danielle Glantz, Meredith Golbach, Emily Gordon, Karyn Gottardi, Mary Lou Gottardi, Zoryana Grebinnik, Kristin Heaton, Daniel Higgins, Alexandra Ivey, Nicholas Jacks, Sonja Jedziniak, Sean Kelley, Stephanie Klebes, Benjamin Kochanowski, Susan Krapf, Benjamin Krolocki, Kristen LaLiberte, Michael Landry, Nathan Little, Bryan Lane, Jacquelyn Lear, James Lewin, Jenelle Masotti, Christopher McKenney, Ryan McLane, Andrew Moriarty, Sophia Nasti, Kaylie Paquette, Kirsten Patrick, Ryan Pellerin, Kevin Pender, Kristen Pfau, Jessica Phillips, Jessica Pokora, Meagan Pokorny, Sarah Rollins, Noelle Serafino, Alex Shibley, Kate Shtefan, Fedor Skovorodin, Vanessa Tencati, Michael Toto, Jeffrey Walker, Matthew Weir, Alyssa Zmaczynski.

Special recognition has been given to the top two point-earners in the seventh grade for the 1999-2000 school year. Jamie Spear earned 485 points, and Erica Troy earned 217.1 points.

Town Residents Graduate From Curry College

Curry College President Kenneth K. Quigley, Jr. is pleased to announce that Agawam residents Derek Justin Benton, Edward B. Connor, and Eric R. Hebert recently received their diplomas at the college's 121st commencement ceremony.

Curry College is a co-educational, four-year, liberal arts institution located in Milton, Massachusetts.

*For photo coverage in
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AFCV Looking For Host Families

AFCV, an international organization, is looking for American families in the Springfield and surrounding areas to welcome French teenagers into their homes for three weeks during this summer.

The next session is scheduled for **August 3rd through August 22nd**. Some activities will be organized and supervised by their French leader three to four times a week for the students during the visit. Families need not speak French to have a visitor, as these are teenagers who have studied English and expect to use their English skills.

AFCV is dedicated to the cultural and linguistic development of young people through international travel. They specialize in school group and individual exchanges throughout Europe and are now providing opportunities in Canada and the United States.

Open your door to this exciting and unique cultural experience for your family. Contact our local organizer, Lara Zana at 786-1899 or e-mail her at ahi@map.com.

AHS's Class Of 1980 Prepares For 20th Reunion

Plans for the 20th reunion celebration for Agawam High School's class of 1980 are underway. A fall 2000 gathering is planned for 1980 graduates to get reacquainted with their fellow classmates at AHS - see some old friends and make a few new ones!

Details will follow by mail, but current address information is needed. If you graduated from Agawam High School in 1980 (or know someone who did), please contact us with current stats (names, addresses, etc.) by mail at P.O. Box 341, Agawam, MA 01001; by e-mail at msuttondrake@ivillage.com; or by contacting any of the following - Lisa (Capitania) Maggi, Maria (Sutton) Drake, or Fred Withee.

High School Rock Bands Wanted For "BattleOf The Bands"

Attention all high school rock & roll bands! The Agawam Parks & Recreation Department is hosting a Monster Jam Battle of the Bands on Saturday, July 29th, from 12:00 noon to 6:00 p.m. at the Agawam High School football stadium. (The rain date will be Saturday, August 5th.)

A maximum of 10 bands will be chosen to showcase their talents and compete for prizes. The first-place band will receive \$100 in cash, a \$100 gift certificate to LaSalle Music, and three hours' recording time at The Warehouse. The second-place prizes are \$50 in cash and a \$50 gift certificate to LaSalle Music, and the third-place prizes are \$25 cash and a \$25 gift certificate to LaSalle Music.

In order to participate, bands must submit an official entry form and a 15-minute demo tape, along with a non-refundable \$25 entry fee (make checks payable to "Town of Agawam"). Tapes will be judged on their content (not the quality of the recording), and no band member may be older than 19 years of age.

Any band interested in playing at this event is encouraged to pick up an entry form at the Agawam Recreation Office, 760 Cooper Street, or at LaSalle Music, 326 Walnut Street, Agawam. All proceeds from this event are going towards the building of a new skateboard park in the Town of Agawam. Please contact Chris Sparks, Director of Parks & Recreation, at (413) 821-0514 for more information.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ...

ADVERTISER NEWS!!!



AGAWAM EAGLE SCOUTS were part of a group of Eagle Scouts honored by the Pioneer Valley Council of the Boy Scouts of America.

Scout Council Honors Local Eagle Scouts

The Pioneer Valley Council recently honored 42 young men who attained the rank of Eagle Scout in the past year at a banquet at the Castle of Knights in Fairview. Among those honored were the following scouts from the Agawam/Feeding Hills area: John Bitgood, Venture Crew 185; Daniel Boissonneault, Troop 78; Casey Fenney, Troop 75; Nathan Skiba, Troop 78; and Stephen Sojkowski, Troop 82.

Each of the Eagle Scouts was sponsored by a community member who is actively involved in a career in which the scout has shown an interest in pursuing. The sponsors spent time with the scouts at their places of business, as well as attending the recent banquet with the Eagle Scouts and members

of their family.

The evening's guest speaker was Ronald Harrell, President of Harrell Funeral Home in Springfield and Chairman of the Springfield District of the Pioneer Valley Council, Boy Scouts of America. An Eagle Scout himself, Harrell cautioned the young men about the responsibilities that come with being an Eagle Scout, and what society will expect from them today and in the future. He also quoted from El-Hajj Malik El-Shabazz: "A man who stands for nothing will fall for anything! What do you stand for?" Harrell reminded them of their pledge to live by the Scout Oath and Law and to continue to be upstanding citizens.

Credit-Free Computer Courses At Westfield State College

The Lifelong Learning Office at Westfield State College is featuring several computer classes this summer.

The World Wide Web is a popular method to access and store information on the Internet. The Web is capable of displaying many different types of media, including text, pictures, sound, and video. Participants in **Web Page Design on the Personal Computer** will learn how to create and format a web page and how to show their wares on the Internet in this hands-on workshop. **Web Page Design** is being offered on Mondays and Wednesdays from 6:30 to 9:00 p.m. from July 24th through August 2nd. This exciting course is being offered for only \$200.

Students can learn to "surf the net" in the **Quick and Easy Internet** workshop. This three-hour workshop will help you learn through hands-on experience how to operate a powerful web browser in order to

retrieve information and navigate the Internet. **Quick and Easy Internet** is being offered on Monday, August 14th, from 6:00 to 9:00 p.m. Join us for this workshop for only \$49.

Educators who have some time off in the summer may wish to consider joining us for **Internet for Educators** on Monday and Tuesday, July 31st and August 1st, from 10:00 a.m. to 3:30 p.m. This workshop helps teachers learn how to incorporate technology into the classroom. Topics include Internet basics and educator-specific on-line resources on Monday, and web page design on Tuesday. Teachers completing the course can receive 10 PDPs. The course fee is only \$96 per day or \$169 for two days.

For information on these or any of our credit-free courses, please call the Lifelong Learning Office at Westfield State College at (413) 572-8034.

Local Students Attain Spring Dean's List At RPI

The following Feeding Hills residents were named to the Dean's List for the spring semester at Rensselaer Polytechnic Institute:

Pamela M. Eaton, a senior majoring in environmental science and hydrogeology; Paul D. Lalli, a senior majoring in computer science and mathematics; Mario A. Santillo, a sophomore majoring in unde-

clared engineering; and Richard S. Skowrya, a senior majoring in biomedical engineering.

At RPI, the Dean's List recognizes full-time students who maintain grade point averages of a minimum of 3.0 out of a possible 4.0 and have no grades below "C."

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone. Please mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.



Sports

Annual Golf Tourney For Agawam UNICO



THE TWOSOME OF Bob Rossi and Eddie Modzelewski were part of the large group of linksters at the UNICO Golf Tournament.



ONE OF THE TOP FOURSOMES (errr, threesomes) at the Agawam UNICO Golf Tournament at the Agawam Municipal Golf Club was Frank Morassi, Todd Whitaker, and Larry Charest. (Missing from photo: Albert Bryant.)



JOE CONTE (seated) was one of the Agawam UNICO members who volunteered his services at the Golf Tournament. Looking on is Joe's younger brother, John Conte.



THE KITCHEN CREW for Agawam UNICO's Annual Golf Tournament included (from left) Art Chase, Sal Morassi, Jr., Sal Morassi, Sr., and Renzo Frigo.

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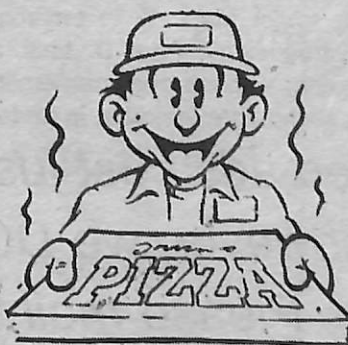
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Golfing For A Good Cause...



IN LEFT PHOTO: Dennis Marchetto and Denis Alan Marchetto at the Annual Agawam UNICO Golf Tournament, which was held last month at the Agawam Municipal Golf Club. The proceeds from this event will be used for UNICO's various activities and charities. IN RIGHT PHOTO: Agawam UNICO "chefs" Ed Disco (left) and Charlie Calabrese were doing "grill duty" to make sure that the tournament participants didn't leave hungry.

For photo coverage in The AAN, call 786-7747 or 786-8137; however, please give us at least 72 hours' notice prior to your event.

This Saturday, July 15th...

Fitness First To Hold Vicki Sleeper Golf Tourney

On Saturday, July 15th, Fitness First will hold its eighth Annual Vicki Sleeper Memorial Golf Tournament at Shaker Farms Country Club in Westfield. All proceeds from the tournament will be donated to the New Beginnings woman's shelter in Westfield. The tournament is in memory of Fitness First's former Aquatic Director, Vicki Sleeper, who died as a victim of domestic violence in 1992.

The entry fee is \$75 per person and includes 18 holes of play, one cart per twosome, lunch, steak dinner, golf balls, tees, and a ticket for the giant raffle.

Dinner-only tickets may be purchased for \$20. Dinner will be served under the tent at Shaker Farms around 7:00 p.m.

For additional information about this Saturday's tournament, please call Fitness First at 786-1460 or email www.fitnessfirsthealthclub.com.

AIC Slates Day Camp For Girls' Basketball

American International College will be hosting a day camp for girls' basketball players on July 31st through August 4th from 9:00 a.m.-4:00 p.m.

The camp will be for girls entering grades five through 12 and will specialize in improving one's shooting skills.

The camp will be held in AIC's Butova Gymnasium. In order to register or receive a brochure, please call Head Women's Basketball Coach Peter Cinella at (413) 747-2093.

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MEMBERS OF THE Pioneer Valley Pride U13 Maple state champion team. Front row (kneeling): Rachel Fonseca, Lauren Peltier, Elise Davilli, goalie Stacy Boisvert, Tiffany Manzi, and Julie Czuprynski. **Middle row (kneeling):** Kerry McMahon, Dina Federico, Meagan Pokorny, and Elizabeth Ryan. **Back row (standing):** Kristen Cilley, Elizabeth Barker, Grace King, Kara Powell, Ann Pasterczyk, Mary Pat Marvel, and Alicia Hubbard.

Baseball Clinic At Sacred Heart From July 17th-20th

The Coaches Camp will once again be running its Baseball Clinic at Sacred Heart Church. The dates and times of the clinic are July 17th-20th from 9:00 a.m.-3:00 p.m. every day.

The camp covers all aspects of baseball. The cost of the camp is \$110. For information or to receive a brochure, call Brian Rheault at 789-4792 or Lou Conte at 786-7729.

For the best in local goods and services, be sure to check our classified ads each and every week...

Agawam Youth Football Camp Slated For July 24th & 25th

The Agawam Youth Football Association is sponsoring a football camp on July 24 through the 25th. The camp will be run by Precision Sports between 5 and 7 p.m. at Phelps School.

The cost is only \$54 and participants will receive a free pair of Reebok cleats just for signing up. Anyone interested in attending the camp can contact Phil Scoville at 786-7110. Participants do not have to be signed up for football to attend this camp.

Come join in the fun and learn more about football!

Pioneer Valley Girls' U13 Maple Captures State Title

On Sunday, June 21st, the Pioneer Valley Pride Girls' U13 Division One Maple soccer team captured the State Title at the Massachusetts Snickers State Cup Tournament.

The girls went undefeated in five games, allowing only one goal. The girls competed with 13 different Maple teams from throughout the state, over the course of two weekends. As State Cup Champions, the Pioneer Pride girls will represent Massachusetts at the Snickers Regional Tournament at the University of Rhode Island in July.

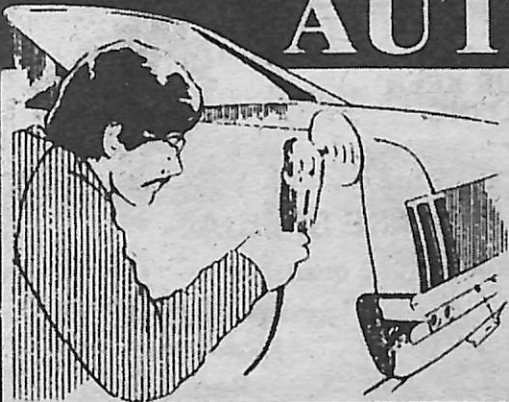
All the girls from various towns around the Pioneer Valley, including local Agawam girls Elizabeth Barker, goalie Stacy Boisvert, Julie Czuprynski, Elise Davilli, Tiffany Manzi, Lauren Peltier, Meagan Pokorny, and Kara Powell.

Other members of the team include Kristen Cilley (Belchertown), Ann Pasterczyk (Chicopee), Rachel Fonseca, and Elizabeth Ryan (Ludlow), Kerry McMahon (Monson), Alicia Hubbard, Grace King, and Mary Pat Marvel (Northampton), and Dina Federico (Springfield).

The girls are coached by Marty Davilli from Agawam, and Hank Casagrande and Aimee LaBreque, both from Ludlow.

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Squirt Champs Say "Thank You!!!"



THE OLYMPIA ICE CENTER, Spring Hockey Squirt Champions - the "Red Dawgs" - would like to thank their sponsors (Aube Foundations, Alrick Acoustics, Seal Tech. Assoc., and the Agawam Police Association) for their generosity this season. The team's coaches are Paul Taillefer, George Groom, Pierre Aube, Rich Corriveau, and Gary Matroni. The members of the team are Dan Matroni, Sean Powers, Kurt Ripke, Travis Ritter, Joe Aube, Mike Godek, Brandon Groom, Colin Hensel, Randy Corriveau, Shayne Kenny, Dan Williamson, and Zack Taillefer. (Missing from photo: Sean Astle).

Basketball World Day Camp To Host NBA Coaches & Scout This August

Basketball World will conduct basketball day camps at Suffield Academy, August 7th-11 and at Suffield Conference Center, August 14th-18th.

The day camps, which are for boys and girls ages seven through 17, are under the direction of Toronto Raptors' Advance Pro Scout Paul Wissel and Detroit Pistons' Assistant Coach Scott Wissel.

Special Guest Instructor at the camps will be New Jersey Nets' Assistant Coach Hal Wissel.

"We give campers the same teachings we give NBA players," said Hal Wissel.

"We work with players of all ages and abilities who

love basketball and want to become better."

Teachings focus on basketball fundamentals and building the players' self-confidence.

"The most important thing to teach campers is confidence," emphasized Paul Wissel.

"If you're confident and believe in yourself, you'll be a success, not just in the game of basketball, but in life itself."

Basketball World has been running camps and clinics across the country for more than 25 years.

For a brochure and more information, call toll free 888-812-5452.



RUDY ALTABELLI

Rudy Altobelli Wins Another Tennis Tourney

Last weekend, well-known regional tennis player Rudy Altobelli of Agawam last weekend took the men's 65 singles title at the Chaffee-Hart Memorial Seniors Tennis Championships at the Williams College Courts in Williamstown.

Altobelli came into this seniors event as an unseeded participant. He defeated Jan Dembinski of New Haven in the second round (following a first-round bye). Allen Richard from Washington, D.C. was the next to fall to Altobelli, 6-4, 6-2. In the semi-finals, he again won in straight sets, this time 7-5, 6-2 over number-one seeded Mark Mordicai, who also happens to be the number-one seeded player in New England.

On to the finals went Altobelli, and there David Croyder was waiting and (again) Altobelli continued his string of straight set victories, this time 6-4, 6-4. This guy was the number-two seeded player in the Mid-Atlantic/USTA Region.

Altobelli, a former teacher at Agawam High School and the retired Agawam town treasurer, has been a prominent figure in Western Mass. tennis for many years and has won many singles, doubles, and mixed doubles titles. He has also taught tennis to both youths and adults over the years. He has also won gold medals for the Agawam Senior Games Athletes (ASGA) on the local and state levels.

He resides at 23 Mill Street with his wife, Peg.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone.

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AHS Girls Honored At Lacrosse Banquet



THE CLASS OF 2000 MEMBERS of the Agawam High School girls' varsity lacrosse team were recently honored at the annual banquet held at Shaker Farms Country Club in Westfield. IN LEFT PHOTO (from left to right): Junior varsity Coach Armando Ramos, Pam Gervais, Valerie Cross, Stephanie Ceccarini, Katie Shannon, Sarah Prussman, Amanda Sternowski, Mary-Elizabeth Dupelle, Annie Paquette, Laura Reveruzzi, and varsity Coach Cindy Grieve. IN RIGHT PHOTO (from left to right): the team's 2000 season captains - Amanda Sternowski, Mary-Elizabeth Dupelle, and Annie Paquette. Advertiser News photos by Kathy Shepard.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, letters, etc., that can be brought in on Mondays. Thank you for your cooperation in this matter ... ADVERTISER NEWS!!!

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**Outdoors
New
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by Kent Servis
Outdoor Writer**

Using Electronics To Find Fish

Now that summer heat has warmed the waters and weed growth has exploded, fishermen will have to adapt.

Trout and salmon fishermen have switched to deep trolling with downriggers or lead core line. A good quality sonar unit with high definition can be an invaluable aid.

Marking fish is a sure sign, but be aware of the fact that you may be passing very close to concentrations of fish, without seeing them. The most popular models use a transducer with a cone angle of 20 degrees. You are only seeing a small area of bottom directly under the boat.

A high-resolution fish finder can tell you quite a bit about the water column if you switch to the manual mode and adjust the controls to the most sensitive setting. Most suspended fish (that is, fish that are neither surfacing nor hugging the bottom) will be just at the level of the thermocline.

The thermocline is the point at which the warmer surface water meets the colder water, where the sunlight does not penetrate enough to warm the water substantially.

Since cold water is slightly more dense than warm water, the thermocline will form a barrier of sorts. Small particles of algae and other material will often suspend at the thermocline, forming a layer that is visible to your sonar.

Turn off the fish I.D. feature and crank the sensitivity to maximum. If you are getting too many interference signatures, turn the sensitivity down a notch. Those units with range controls will allow you to look at specific ranges in the water column.

Experiment a little and try using the zoom feature of your unit to examine different ranges until you begin marking a line of dots at a specific depth. This will be the layer of suspended particles that collect at the level of the thermocline. It is in this range that many fish will be suspended in a "comfort zone" which is neither too warm nor too cold. Once you have located the thermocline, zoom in on the depth near the level of the thermal layer.

If you are using downriggers, the job is easy! Set the downrigger to pass just above the thermocline by a couple of feet. Predatory fish usually will look above their level to see forage fish.

Also be aware of the fact that depending on the weight of your downrigger ball, trolling speed and any current present, the depth at which the ball is actually running will differ from the length of cable out.

Blow back, as it is commonly referred to, can be

calculated by looking at the angle at which the cable enters the water. You don't need a calculator and a trigonometry textbook to get a pretty good idea of where the weight is in relation to the length of cable.

Sonar units, at least the better ones, may have the capability of running two different transducers with different frequencies and cone angles. A wide-angle transducer may be able to show the ball right on the screen. It will show up as a straight line with a few bumps up and down, depending on wave action.

Earlier we spoke about turning off the fish I.D. feature and running in manual mode only. The reason for this is that the fish I.D. feature automatically makes compromises in the electronic settings.

Instead of seeing those cute little fish-shaped signals, look for fingernail-shaped arches, which will signify a fish. As the fish enters the cone of sound emitted by your unit, it is first detected at the edge of the cone, furthest from the center of the "sonar footprint." As the boat passes directly over the fish, it is closer to the center of the "circle" and your unit will show it as being "shallower." As the boat passes the fish, it will be further away as it nears the outer edge. The result is an arch on your graph or sonar screen.

That arch, however, is only indicative of a fish that has passed directly under the boat. Fish that are detected only on the edge of the cone of sound may show up as a slanted line. In either case, the actual depth at which the fish is holding is the very highest point of the arch or slanted line.

Don't be afraid of your sonar unit. Spend some time playing around with the controls. Have your owner's manual with you or learn to use the on-screen menus to guide you.

FISH REPORTS FRESH WATER

Valley lakes and ponds are getting pretty weeded up. Trout and salmon are found in deeper water during daylight hours. Congamond Lakes have given up some nice bass from South Pond as well as Middle Pond. Seven-inch plastic worms rigged Texas style with a 1/16 oz. bullet weight are doing the trick. Try purple or black and chartreuse Power Worms.

Hampton Ponds has many similar conditions as Congamond and since it does not get quite the boat traffic, some bass can also be taken in deeper channels by vertical jigging with small slab spoons and Silver Buddies.

Connecticut River smallmouth are cooperating on Buzz Baits. The area between the island and Riverside Park contains many extensive mid-river shoals that support weed growth, and harbor both largemouth and smallmouth bass.

Valley streams are at their typical summer lows. Fly fishermen using weighted nymphs are reporting some success.

SALT WATER

Cape Cod surf fishermen are reporting on-again, off-again action on stripers at such traditional locations as Chatham Light and the surrounding areas. The same goes for the Vineyard. Plugs such as

Mambo Minnows and Rebels are taking some nice fish all along the coast. Atom poppers and other surface lures are producing when the fish show on top.

Rhode Island jetty jockeys are taking fish from the breachways. Plugging and drifting chunks on an outgoing tide have produced a few real decent fish for those who are willing to change their sleeping schedule.

Long Island Sound is still producing some nice stripers, as well as a few blues. Boat anglers working the Race and Plum Gut are scoring. Long Sand Shoal is also producing keeper-sized bass and blues if you are lucky to be there on the right day.

A Fishing We Will Go...



THE BARLAR KIDS OF FEEDING HILLS (pictured above and below) recently spent a day angling with their father, David Barlar, for bass and came up with two pretty good catches that were released to fight another day. Fishing is a big family event, says David, and a good way for him to spend quality time with his kids.



Kent Servis' column, "Outdoors New England," is a regular feature of The Agawam Advertiser News

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Golf Tip Of The Week...

by Eric Nelson, PGA
Head Golf Professional
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Behind And Through....

You'll often hear it said that good golfers "stay behind the ball" during impact, but this can be confusing when you're also told to move your weight to the left and swing through the ball. How can you be behind and through at the same time?

In fact, staying behind the ball simply means keeping the head behind the ball at impact. Were you to draw an imaginary line up from the ball as you make contact, ideally it would graze the left side of your face.

Think of this line when you're swinging, and you'll keep your head in the proper position ... behind the ball.

Craig O. Waryasz Golf Tournament On July 28th

The third Annual Craig O. Waryasz Memorial Golf Tournament will be held Friday, July 28th at Shaker Farms Country Club. Cost is \$100 per golfer, and includes lunch (hamburgs, hot dogs, beer, iced tea, lemonade); hole-in-one prizes (including a 2000 automobile from John Christie's Chicopee Chevrolet, Oldsmobile, Cadillac; a set of irons from Fran Johnson's Nevada Bob's; a pool or spa from Teddy Bear Pools); bar-b-q chicken dinner following golf (5:30 p.m.); closest to the pin and long-drive contests; and many, many raffle prizes.

The cost of attending the chicken dinner only is \$20. To register for this four-person scramble format tournament, send a check to The Waryasz Memorial Golf Tournament, 130 Valentine St., Agawam, MA 01030. Please indicate the names and phone numbers in your group. Those wishing to attend the chicken dinner only, please mail your check for \$20 per person to the address above.

Individual donations or sponsors can be made out to the same. For more information, call (413) 531-1477 or (413) 530-9555 or e-mail: Cwtourney@aol.com.

Shuffleboard Tourney Slated For July 25th At St. John's Field

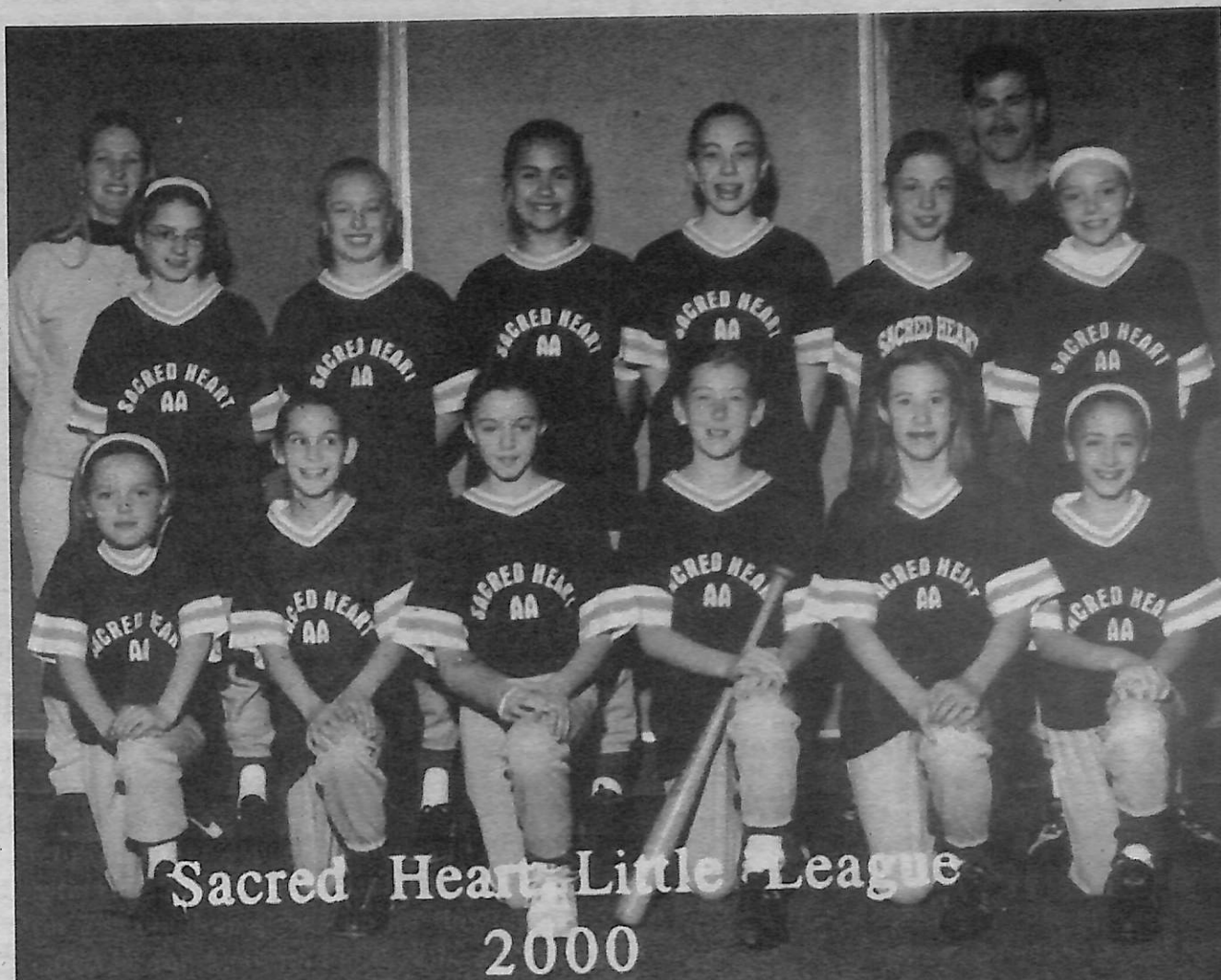
The Agawam Senior Center has announced that there will be a Shuffleboard Tournament on Tuesday, July 25th. The competition will start at 10:00 a.m. and continue until there is a winner. It will take place at St. John's Field on Leonard Street. You are asked to bring your own lunch. Beverage and dessert will be provided.

Since this will be our first attempt at a tournament, our format will evolve as we find out how many contestants we have. We hope we will be able to have both singles and doubles. Rules will be posted a week before the tournament. In order to prepare for the tournament, it would be wise to practice in advance.

Janice Schermerhorn will be at the courts every Tuesday afternoon from 1:00 to 3:00 p.m. to help. The game is so easy to learn that new players would be ready for the tournament with a little practice. Players can use the courts at any time. Just pick up the cues, discs, and scoreboards at the Senior Center and return them at the end of play.

Also needed are volunteers as scorers and helpers to run the tournament. There will be a sign-up sheet at the Senior Center. It would be a help if those interested would sign up by July 20th. There should be quite a few shuffleboard players from Florida, the Senior Games, and new players. We're looking forward to seeing you there!

SHAA Girls' 10-12 Playoff Champions



BACK ROW (from left to right): Coach Cathy Ashwell, Angie Barbarisi, Sara Pioggia, Alyssa Yelinek, Alison Stanton, Cassie Ashwell, Coach Mike Lyman, and Sandy Moller. FRONT ROW (from left to right): Britteney Connell, Brittney Favreau, Sarah Savoia, Amber Smith, Erica Lyman, and Meaghan Serra. Congratulations on a great season!

Linda J. Melconian Charity Golf Open Scheduled For August 21st

State Senator Linda J. Melconian's Eighth Annual Charity Golf Tournament will take place Monday, Aug. 21st at the Crestview Country Club in Agawam, benefiting Hampden County services for battered women and their children.

Golfers are invited to sign-up a foursome to hit the links for a good cause. The event features a lunch at 11:00, a noon shotgun start, and a barbecue dinner at the course. Most importantly, all proceeds directly benefit Womanshelter/Companeras in Holyoke and two programs of the YWCA of Western Massachusetts (the Abuse and Rape Crisis Hotline (ARCH) in Springfield and New Beginnings in Westfield).

Each program provides free and confidential emergency shelter, 24-hour telephone hotlines, counseling, support groups, legal advocacy, information, and

referrals.

Local businesses are invited to donate money or door prizes, or to participate as a tournament sponsor, or a hole/tee/green sponsor. In addition to the invaluable publicity sponsorship generates, every donation has a direct impact on the community, as 100 percent of the money raised goes directly to charity. Local business owners or golfers interested in participating should call Rosemary Sandlin (413) 785-0820 or Paige Thayer at (413) 732-3121, ext. 103, for more information.

Senator Melconian is an active and vocal advocate for domestic violence prevention programs in her district. As the Majority Leader and the highest ranking woman in the Massachusetts State Senate, Melconian is a tireless champion for women, children, and families across Massachusetts.

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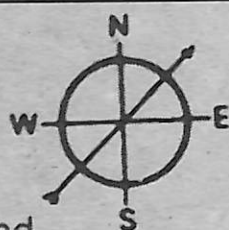
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BUILDERS: Custom homes & remodeling (since 1975). Fully insured & licensed. Rick Pfeffer, 4 Lenox St., Feeding Hills, MA 01030. Reg. No. 116963; Const. Sup. No. 000450. **(413) 789-1150**.

VERMETTE AUTO

BODY: Complete collision service. 21 years of customer satisfaction. We work with all insurance companies. 787 Silver Street, Agawam, **786-8226**. (MA. REG. NO. 1842.)

AUTO TRIM BY

GEORGE: Truck seats; auto seats; headliners; boat seats; motorcycle seats; convertible tops; tonneau covers; rugs; construction equipment seats. 10% senior discount. Call George, **786-6073**.

SUFFRITI CONSTRUCTION CO.: New roofing and repairs. Insured and licensed. Many referrals. **786-5516**.

MINOR PLUMBING:

Quality plumbing at reasonable rates. Prompt and efficient service. Lic. no. 203752. Bob at **572-9143** (Westfield).

MR. SERVICE: Your hometown repair man. In-home repairs on all major appliances. Fast, friendly service. Senior citizen discount. Same-day service. **789-1883**.

TRASH REMOVAL:

Garages, attics, & cellars cleaned out. Lawn service, unwanted items, metal removal. Insured. Call Mr. T's Cleaning Svc. Phone **789-0540**,

beeper **735-4535**.

TIM'S CARPENTRY:

Specializing in interior finish work. Also kitchen & bath remodeling. Additions, decks, cedar closets. Installation of hardwood floors. Free estimates; insured. **(413) 789-2367**.

TREE STUMP GRINDING:

Lowest prices, fastest service. Free estimates. Call Pine Grove Stump Grinding, **(413) 783-7236**.

PAINTING, STAINING:

Exterior, interior. Your home or business. Quality work, reasonable rates. Call Joe at **786-5912**.

RENT-A-SPOUSE:

Errands & Odd Jobs Are Us - Large & small repairs, yard work, clean gutters & windows, moving, trash removal, housecleaning, grocery & gift shopping/wrapping, ironing. If a traditional husband or wife does it - SO DO WE! Fully insured, gift certificates, MC/Visa accepted. **789-7911**.

SPRINGFIELD TURN-

VEREIN: Catering to weddings, banquets, parties, and receptions. Two rooms available with seating up to 250 people. 176 Garden Street, Feeding Hills, **786-0924**.

EXCELLENT CARPENTRY: Small jobs to custom homes. Honest work at today's prices. Free estimates; senior citizen discounts. Stephen Gould, **786-6887**.

SHADES ON WHEELS:

Your complete custom window treatment specialist, all at discount prices. Free estimates and installation - satisfaction guaranteed. **(413) 786-9411**.

EXTERIOR-INTERIOR

PAINTING: Old and new construction. Power washing. Mural painting. Affordable, reliable, complete prep. Good references. Free estimates. Fully insured. Call Seven Colors at **(413) 568-2195**.

STELLATO BROS.

LANDSCAPING: Trimming and designs guaranteed to your satisfaction. Insured. For shrub and hedge trimming and designs, please call Jimmy Stellato, owner, **(413) 789-6382** (home) or **(413) 286-8484** (beeper).

3 J REMOVAL:

Attics, basements, garages, and more. Complete removal service. Free est. Lowest rates. **783-6103**.

BOB LONGO CON-

STRUCTION: 27 years specializing in kitchens and additions. Free custom design. Fully insured, free estimates. In Agawam, **789-0758**.

CHARTIER'S GENERAL

CARPENTRY: We take the worry out of building. Additions; new construction; renovations; custom decks. Lic. no. 051681; fully insured. Don Chartier, owner. **(413) 789-7011**.

DAYCARE: I am a professional family daycare provider licensed (186383) by the Massachusetts Office for Children. I'm located off River Road in Agawam. For more information, call Maggie at Pooh's Corner, **786-8806**.

GARIBIAN ELECTRIC: All your electrical needs. Fully insured; free estimates; prompt service; 10% senior discount. **(413) 781-4376** or **(413) 569-2925**.

T.J. BARK MULCH,

INC.: All natural, double ground bark mulch, sawmill wood chips, playground wood chips. Delivery available or pick up at 994 Western Ave., Westfield, MA. Mon.-Sat., 7-5; Sun., 10-2. **(413) 568-6856** or **(860) 654-1975**.

HANDY MAN: Need a handy man around the house? All types of home improvements & odd jobs. Bob Bartolucci, **(413) 736-3730**. Reg. No. 127813.

MARIO STELLATO

LANDSCAPING: Lawn maintenance; spring & fall clean-up; trimming & pruning; shrub planting & removal; landscape design; sodding & seeding; mulch & stone; snowplowing & sanding. Free estimates, fully insured. Call Mario at **789-9953**.

GEORGE FARINA

LANDSCAPING: Lawn mowing, tree work, flower planting, etc. Tel. **786-5658**.

CIRILLO'S LANDSCAP-

ING: Specializing in commercial and residential lawn care. Free estimates. Call **786-7843**.

GILL HALL LAWN

CARE AND MOWING: Now accepting accounts for hedge trimming, mowing, etc. Residential and commercial. Call **(413) 789-1712**.

SAUNDERS BOAT LIV-

ERY, INC.: Serving the boating public since 1843. Congamond Lake (on Route 168), Southwick. Phone **(413) 569-9080**.

CURLEY'S LAWN SER-

VICE: Fully Insured, experienced. Seasonal Mowing, Tree Pruning, Seeding & Sod, Lawn Installation, Bushes trimmed, Bobcat work, Landscape design & installation. Loam, Fill & Plants. **786-4622**.

ATLANTIC EXTERMINATING, INC.: Termites and carpenter ants spe-

cialist. Nuisance wildlife, structural repairs. Free inspections & estimates. Senior discounts. Forty years servicing this area. Don Kozaczka, local resident & entomologist. 31 Almon Ave., West Spfld., MA. **747-5688**.

HATE HOUSEWORK?

NO TIME? I'LL DO IT!!! Weekly, bi-weekly, monthly. Competitive rates. References. Call Gail's Cleaning Service, **786-8314**.

PEP'S TOWING:

Wheel lift/flatbed; local/long distance. 24-hour service. Now servicing Agawam & Southwick. **789-9306**.

THE CHAREST CO.

INC.: We have all the answers for all your home improvement needs. Replacement window specialists. Over 30 years in business. License number CSO16915; reg. number 116652. **(413) 786-8666**.

TAYLOR RENTAL:

Propane - all size fills. New tanks, convenient trailer & RV drive-up. Tank disposal available with any fill or purchase. Agawam, 221 Springfield St. (next to Sarat Ford).

THE SCREEN AND

WINDOW MAN: Screen and storm window repairs. On site at your home or pick up and delivery. Matt Gomes, **(413) 786-1414**.

JONES' FERRY MARI-

NA: New ownership at historic Pirate's Cove (restaurant & pub), Holyoke. Launch; dockage; storage; boat auctions. Open 7 days. **(413) 533-1534** or **(413) 533-5901**.

DAYCARE: Forever Friends Family Day Care. Located in Agawam. Lots of play space, nutritious meals, lots of love. License #195591. Call Cheri at **786-3706**.

THE SCREEN DOC-

TOR: Repair & replace household/commercial window & door screens. Free pick-up & delivery. Curt Cosgrove, **(413) 789-4375; 348-0835** (cell).

WE CAN DIG IT!

Landscaping & small excavation. Residential & commercial; serving Western MA & Northern CT. Free estimates, fully insured, & senior discounts. Palmer area, **(413) 283-2297**; West Springfield area, **(413) 739-3551**.

THE STRAIN FAMILY

EQUESTRIAN CENTER: Boarding lessons, training, sales. Ponies for parties. Ask about our summer programs. 18 Vining Hill Road, Southwick, MA (located behind Big Y/Ames Plaza). **(413) 569-5797**. **JW'S HOME IMPROVE-**

MENT: All phases of roofing & roofing repairs. Licensed (130747) and insured. Since 1975. Call John, **786-6754**.

DISC JOCKEY SER-

VICE: Providing the very best in entertainment and sound. Music Box Productions - DJ Tom Melbourne (certified professional). **(413) 789-6788**.

FOR SALE

CLOTHESLINE POLES:

T-shape, steel constructed. Senior citizen & AARP discount. Call anytime, **732-1311**.

E.Z. SCREEN

REPLACEMENT: Any size door, windows, etc. For pick-up and delivery. Senior discount. Call anytime, **732-1311**.

FOR SALE: '91 Cavalier. Runs good, good body. 110 K miles. \$1,400 or B.O. **789-3500** (days); ask for Travis.

FOR SALE:

Two year-old large wooden rabbit cage/home, \$75. Solid cherry (American Drew) formal dining table w/table pad & 6 chairs, \$1,200. 8 ft. white/tan Colonial-styled couch, \$125. Tan-colored velour (Stratford) 8 ft. couch & love seat, \$850. Call **786-9592** (evenings).

FOR SALE:

5 pc. Basset bedroom set. Queen, like new - \$1,000. 18.5 cu. ft. Frigidaire Elite w/icemaker - \$175. 5 pc. oak entertainment center w/bar - \$400. **786-2755**.

FOR RENT

PROFESSIONAL

BUILDING FOR RENT:

3,000 sq. ft. finished office space. \$1,000/month, triple net lease. Private parking. Call **(413) 786-3077** for more info.

TAG SALE

GIANT TAG SALE: All furniture, household items, clothes, and much more. 25 Plantation Dr.,

WANTED

HUMAN SERVICES: Program Manager. 25 hr/wk. Info & ref, comm. skills, admin. support. BSW pref. **Community Safety Coordinator.** 5 hr/wk. Lead dom. vio. ed./awareness effort. BSW pref. **Social Worker.** P/T outreach to families. Case mgmt. Member of school-based prevention team. Flexible hrs. incl. some eves. Master's in Social Work or related field pref. Exp. necessary. Send resume to: Southwick Family Support Coalition, 454 College Hwy., Southwick, MA 01077. Minorities, women, and persons with disabilities are encouraged to apply.

Agawam. Fri., 7/14 - Sun., 7/16. 9-2.

PETS

FOR ADOPTION:

CASEY is a handsome, super-sweet Bk/Wh 2 yr. neutered male kitty who needs a loving home, currently in a foster home. Loves people, playful. Approved home only. **789-1703**.

FREE: Two cats. Brothers, neutered. Please call **786-1768** after 6 p.m.

WANTED

EDUCATIONAL ASSIS-

TANT: Suffield Public Schools is seeking a full-time Educational Assistant for the High School Computer Lab. 32.5 hours/week. Starting rate \$9.64/hr.

Ten month position. Call **(860) 668-3801** between the hours of 8:00 a.m. and 3:00 p.m. for application information. Closing date: 8/1/00. EOE.

A/P & ACCTG. CLERK:

Duties include accounts payable data entry, filing and misc. office tasks. \$8/hr. 25-30 hrs./week. Temp position (3-9 months). Call Martha at IntegriCare in Agawam, **(413) 786-0888**.

BUSINESS CAFETERIA

IN AGAWAM: Part-time, Monday-Friday. 9:00 a.m. to 2:00 p.m., Salad Bar/Cashier. 10:30 a.m. to 2:30 p.m., General Cafeteria Work. Please call Pat, **(413) 821-0252**, or Martha, **(413) 783-0525**.

Our classified ads cost just \$10 per week for 30 words or less; however, we DO NOT take them over the telephone.

Please mail them (along with payment) to P.O. Box 263, Feeding Hills, MA 01030.

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\$5 Service Charge



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Boneless Spoon Roast	\$2.99 Lb.
Boneless Bottom Round Roast	\$1.89 Lb.
Boneless Back Rump Roast	\$1.99 Lb.
Bottom Round Cubed Steak	\$2.69 Lb.
Bottom Round Stew Beef (Extra Lean)	\$2.39 Lb.
Fresh Ground Round 5 Lbs. Or More	\$2.49 Lb.
10 Lbs. Or More	\$1.99 Lb.
Fresh Round Patties (1/4 Lb. Each - 3 Lb. Box)	\$7.99
Fresh Ground Chuck 5 Lbs. Or More	\$1.69 Lb.
10 Lbs. Or More	\$1.39 Lb.
Fresh Chuck Patties (2 Lb. Box)	\$4.49
Frozen Store-Made Patties (1/4 Lb. Each - 5 Lb. Box)	\$8.99
Center Cut Pork Chops Or Roast (Bone In)	\$1.99 Lb.
Country Style Ribs	\$1.49 Lb.
Grade "A" Skinless & Boneless Chicken Breast	\$2.69 Lb.
(10 Lb. Bag)	\$1.99 Lb.
Danish Baby Spare Ribs (10 Lb. Box)	\$19.95

DELI

Land O' Lakes American Cheese	\$3.69 Lb.
Cooper Sharp Cheese	\$3.69 Lb.
Canadian Imported Ham	\$2.99 Lb.

Russer German Bologna	\$1.69 Lb.
Russer Honey Maple Ham	\$3.49 Lb.
Deutsmacher Polish Loaf	\$2.69 Lb.
Wampler Chicken Roll	\$2.89 Lb.
Willow Brook Turkey Pastrami	\$2.39 Lb.
Fresh Seafood Salad	\$4.99 Lb.

PRODUCE

Bananas	.39 Lb.
Large Size Nectarines	.89 Lb.
Extra Large Black Plums	\$1.19 Lb.
Romaine Hearts (Pkg.)	\$1.69
New Crop Red Potatoes (5 Lb. Bag)	\$1.99
Broccoli (Bunch)	.99

DAIRY

Hood 1% Low Fat Milk (Gallon)	\$2.19
Hood 2% Low Fat Milk (Gallon)	\$2.39
Grade "A" Jumbo Eggs (Dozen)	.99

SEAFOOD

Scrod Fillet	\$4.99 Lb.
Fresh Sea Scallops (Large Size)	\$7.99 Lb.

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